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MARCH 2015
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10
No-Fail
Palettes

color made easy

How to use a little or a lot

**BRIGHT
POTS!**

For Spring
Blooms p.96

**EASY MEALS FOR
BUSY NIGHTS**

p.116

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all together now

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cake walk

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color confidence

Seven years ago this month, we introduced our now-familiar Color column, followed quickly by our annual Color Issue. Throw the colors from our featured homes into the mix, and over those years we've recommended nearly a thousand paint colors: quiet neutrals, fearless brights, sophisticated global palettes.

That's a lot of color, and for good reason. Color offers an immediate, accessible way to express your personal style. Trends change with fashion, so new colors are

always coming into home goods and paint lines. Even a minor infusion can change the feel of a room. But while it's easy to apply, color isn't always easy to choose. The right pick for any space depends on light, surfaces, and—of course—things you already own. That's why we do more than just show you colors: We also deliver advice, palettes, and essential how-tos to help you embrace the new and pull it off in your own confident way.

You'll find that advice throughout this issue, drawn from inspired rooms and the creative people who added color to their homes and their lives. On page 88, see our 2015 Palette of the Year, a collection of six trend-forward colors hand-picked by our design editors to work together beautifully in your rooms or wardrobe. "It's all broken down," our East Coast editor/producer Eddie Ross says. "You can go full-on and paint a room, or you can do something as small as adding a rug or throw pillow or swapping out a lampshade."

We know you'll never use all the colors we suggest in our pages (unless you repaint nearly three times a week—we did the math). Maybe we'll inspire you to try just one color you might not have considered. Or maybe you'll be inspired to try a color we've never considered. Our goal is to spark your creative process and help you live your life in color.

Gayle

Gayle Goodson Butler,
Editor in Chief



Want more of our Palette of the Year?

We've invited 25 of our favorite bloggers—from the worlds of food, DIY, fashion, and of course decorating—to pin their favorite ideas that use our vibrant 2015 color scheme. See what they came up with! Pinterest.com/BHG

contributors

EDDIE ROSS DESIGNER

"BOLD ADVENTURE" p. 88

Eddie, BHG's East Coast editor/producer, is something of a social media junkie, scouring Instagram and Pinterest not to find inspiration but to learn where our readers find theirs. Specifically, he wants to know where they go with his thought-starters. "I love to see how readers take these ideas and put their own stamp on them," Eddie says. "It's the most fulfilling part of my job."



BETH KIRBY RECIPES

"CAKE WALK" p. 98

Beth is a stylist, photographer, and writer who blogs at Local Milk. "Our feelings of delight start long before we take our first bite," she says, and that's why these five cakes are such works of art. "I don't think a

cake need be meticulous," she adds. "Whimsical, textural cakes always make me impatient for my first slice."



FABIO VIVIANI RECIPES

"MEATBALLS" p. 107

Fabio drew on his Italian roots to cook up these meatball recipes, but he says the beloved food is universal. "Everywhere you go, every country you travel to, you find meatballs in some form," he says. "It's not even comfort food anymore. It's history. It's heritage." The best meatball he ever ate? No false modesty: "Mine!"





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ring in spring

HUE HAPPY Cheerful spring is the perfect time to add a pop of color! Bring our Palette of the Year on page 88 into your home with editor-picked finds inspired by these hues.

BHG.com/ShopColor

SHAMROCK SIPPERS Are stout floats or colorful cocktails more suited to your St. Patrick's Day celebrations? Take our fun quiz to find your perfect drink recipe for March 17.

BHG.com/StPatDrink

BOLD OR COZY? YOU DECIDE! Get decorating tips that match the mood you want in every room. Cool kitchens, happy entryways, relaxing living rooms—we've got you covered.

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fresh march

dial up color

Clutch fun Know what screams spring? Color and fun. These bold raffia grab-and-go bags have both. Justine clutch, \$24; store.shopmarysol.com

Happy blending 50 shades of sudoku? The object of the Blendoku game is to sort color shades into their proper squares—we like to think it's sharpening our color sense. Grab the Benjamin Moore branded version, Blendoku, and sort real paint colors. Free app for iOS and Android

In living color We think you'll be as inspired as we are by Monling Lee's Instagram feed. For the D.C. architect, anything-but-black is the new black. Follow her color-blocking pics that show how to sport multiple hues with chic and grace. instagram.com/monlinglee

Love match Keds + EOS = adorable. Everyone's favorite lip balm gives the classic tennis shoe a sphere-iously cool makeover. Keds in EOS colors, \$55; shoecarnival.com

Box score Tackling that guest room refresh can be as easy as checking a mood ring. Remodo's room-in-a-box sets for twin and queen beds come with the perfect pairing of essentials (like bedding) and patterned accessories (a picture frame) to instantly perk up a sleep spot. Just pick a hue that speaks to you, like revitalizing coral or calming indigo. remodo.com

Bright-colored cords help you keep devices straight. \$25.95 each; easterncollective.com

MARCH 20

Talk about good things happening in threes: It's the International Day of Happiness, the first day of spring, and a Friday!



Looks good enough to eat. Sabrina Soto's snappy rubber band lolly is cute and clever. \$3; Michaels crafts stores

ON YOUR DESK

Get right to the point with these pretty recycled paper pencils. \$11; hesterandcook.com





now trending

Flower hour

Everything's coming up illustrated florals.

Blouse, \$88;
bodenusa.com
Threshold Floral Toile
Stitch Lamp Shade,
\$24.99; target.com
Letterpress
coasters, \$18 for 10;
thehighline.org/shop
Kurjenpolvi
Pillow Sham, \$42;
marimekko.com



the happy moviegoer

The Second Best Exotic Marigold Hotel

The little movie that could brings back winsome Dev Patel as the hotel manager, along with a thinking person's roster of all-star residents: Judi Dench, Maggie Smith, and Bill Nighy. And none other than Richard Gere checks in as the sequel's surprise ringer! Opens March 6

connect + enjoy

Hot shot

Point and shoot—and drag and drop, edit and send, too. The Samsung Galaxy Camera 2 combines the familiar ease of a smartphone interface (icons! touch screen!) with the performance of a real-deal camera (infinite zoom! video!). And built-in Wi-Fi means you can share to your heart's content. \$349.99; samsung.com



A BHG Editors' Choice for Innovation pick.



WHO KNEW?

Before "wearing of the green" became the norm in 1798, the original color of St. Patrick's Day was blue.

shelf life

Color books

These pull double duty as cool coffee table accessories and inspiring color bibles. Designer Susan Hable translates colors into lovely lush interiors. Tory Burch celebrates a passion for color play. Artist Natalie Goldberg breaks down the creative process into a visually captivating read.



A Colorful Home: Create Lively Palettes for Every Room Susan Hable, \$30; Chronicle



Tory Burch: In Color Tory Burch, \$50; Harry N. Abrams



Living Color: Painting, Writing, and the Bones of Seeing Natalie Goldberg \$24.95; Stewart, Tabori, and Chang

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THE LONG AND SHORT

What's in on this season's table runways? Asymmetrical bouquets that don't try to choose between tall and petite. Let some stems fly high and others trail low. Extra credit for balancing sweet hues with a little contrasting mod gray.



A footed bowl elevates any arrangement. Use floral foam or a frog to hold the stems in place.

Inspiration is everywhere.
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ON LOCATION

alamo city



Springtime is Fiesta time in San Antonio, when wreaths of flowers, ribbons, and bows color doorways.



"Sprout-ups" help urban dwellers get their green on.



Current event:
The famous River Walk stretches 15 miles and now even hosts kayakers.



Artist Kathleen Trenchard's hand-cut paper place mats.

SAN ANTONIO, TX

POPULATION: 1.4 MILLION

This fast-growing Southern city shines bright on good eats and easy living.

A CUT ABOVE Local artist Kathleen Trenchard reimagines *papel picado*, translating the traditional Mexican paper craft into hand-cut place mats, stationery, even portraits. cut-it-out.org

GOOD TO GROW The horticultural duo at Gathers No Moss is painting the town green. The traveling garden center hosts "sprout-ups" at cafés and shops around town. Customers can BYOP (bring your own planter) to fill, or simply buy a premade arrangement. gathersnomoss.net

DRESSED TO CHILL Men have long enjoyed the guayabera's casual chic. Finally the ladies can get in on the action. Caroline Matthews' custom-designed shirtdresses are a feminine update of the Latin classic. Pick your fabric, embroidery style, sleeve, and length. Nonlocals can order over the phone. doscarolinas.com

DOG DAYS Every quarter, downtown's Travis Park turns into an open-air bazaar for barkers. Spoil Sparky with all-natural treats from Pawsitively Sweet Bakery, on-site grooming, and a custom pet drawing. Or find a new best friend at the "pup-up" adoption station. sa-urbanpetmarket.com

EAT WELL The name of chef Steve McHugh's popular eatery—Cured—is doubly meaningful. He opened the spot, serving trendy house-cured meats, after kicking cancer. And for each charcuterie platter ordered, a donation goes to charity. Don't miss the homemade fruity cocktail sodas, below. curedatpearl.com ■

DID YOU KNOW?

A heart-shaped bit of land called Marriage Island is a hot spot for "I dos."



Hot 'hood: Love for Spanish-inspired design extends to new houses in Rogers Ranch.



TRAVELTEX.COM > THINGS TO DO > BEACHES



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Translucent, long-lasting, and totally wearable, these watercolor-like lip stains can go from subtle to super pigmented if you brush on an extra coat. *Clockwise from top:* Benefit Posietint Lip and Cheek Stain, \$30; benefitcosmetics.com. Boots No7 Stay Perfect Lip Stain in Posy, \$9.99; target.com. By Terry Tint to Lip in Beach Game, \$36; barneys.com. Sephora Collection Rouge Infusion Lip Stain in Plum Concentrate, \$14; sephora.com. Revlon Colorstay Moisture Stain in Rio Rush, \$9.99; drugstores. Josie Maran Coconut Watercolor Lip Stain & Shine in Coral Oasis, \$22; sephora.com.

+

Jewel-tone shadows and liners perfectly complement these sheer lip colors.





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IN PERSON

jane park

Founder and CEO of Julep, a Seattle-based mini chain of boutique nail salons, and now a full beauty line.

BY JOLENE EDGAR

LATTES TO LACQUER A former Starbucks exec, Jane opened the first Julep Nail Parlor in 2007 as a “fun place for women to experiment with color.” Since then she’s opened three more locations and developed a full range of beauty products—all designed to make beauty easy for everyone.

COLOR THEORY “Even small flashes of color can make your confidence soar,” Jane says. “My favorites for spring are bright and bold—like royal blue and violet on nails.” Julep Nail Color in Monaco and Bette, \$14 each; julep.com

FASHION EPIPHANY “When I turned 40, I stopped waiting for a better body to show up. Go ahead! Break out the skinny jeans!”

RULE I LOVE TO BREAK “‘Patience is a virtue.’ Not for me! That’s why I proposed to my husband.”

PARTY TRICK “I pop a bottle of pink champagne before guests arrive to get myself in the party mood.”

MENTAL VACATION “There’s nothing more clarifying than throwing open the windows in the late spring in Seattle and breathing in the salty sea air from the Puget Sound.”



“Whether you’re decorating a room or deciding on a lipstick, color—above all else—should be fun.”



SHOE LOVE

“I never met a pair of booties I didn’t like. The ones from Dolce Vita are always super stylish and comfy.”

“This mask (below) is a gift for long hair.” Kérastase Masquintense, \$62.50; kerastase-usa.com. Right: Julep Plush Pout Lip Crayon in Cardinal Red, \$16; julep.com.



PERFECT SUNDAY

“Starts with Starbucks Sumatra Dark Roast and *The New York Times*.”



FAVORITE SPOT

“My bed. It’s where I snuggle up to read with my son Eli, 13, and daughter Yumi, 10.”



“Go-to indulgence? That’s easy: cupcakes from Trophy, a Seattle bakery.” ■

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Rescued a dog.
Searched for the owners.
Uncovered a plot.
Escaped with the evidence.
Took a leap of faith.
Left them all behind.
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Let's
Go
Places

it's about time

Longer, brighter days are the perfect excuse for a get-together. Easy tabletop ideas take their cues from the unfurling season.



Set your clocks ahead March 8 (the second Sunday of the month).

Custom-printed fabric comes in 10 colors. Ferns and Berries, \$34/yd; minted.com

POSY UNDER GLASS

Want to turn a few humble stems into an impressive centerpiece? Pop them under a cloche. Switch out the blooms as new arrivals hit the garden. LSA Ivalo Pastry Dome; lekkerhome.com

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Pair detailed foliage with delicate glass vases. A vintage watch gives a nod to springing forward. Petal vases, \$11–\$15; shopportal.us



GIN & TONIC THYME
Add a hit of thyme simple syrup and a fresh thyme sprig to the classic.



+ Fern stamp, \$12.99; Michaels stores



SPRING MIX

Give get-togethers a healthy dose of the season with springy colors and motifs. Combine vibrant greens and clean whites with the beige browns found in light-tone woods and leather. Fern-motif stamps make it easy to add a detailed frond to tags and napkins. A splash of thyme-infused simple syrup gives our favorite cocktail—gin and tonic—a fresh kick. Cheers!

FUN WITH FERNS

Get how-tos for our fern projects and the thyme simple syrup recipe.
BHG.com/FernParty

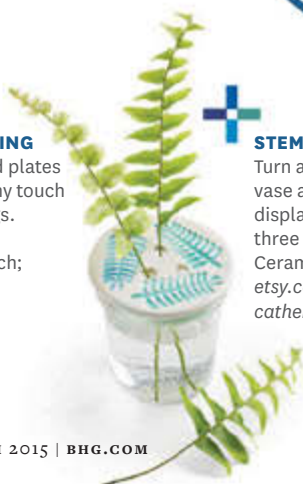
SERVE UP SPRING

Leafy patterned plates add a fun, earthy touch to place settings. Överens plates, \$3.49–\$5.99 each; ikea.com



STEM HOLDER

Turn any glass into a vase and get a pretty display with just three stems. Ceramic holder, \$15; etsy.com/shop/catherinereece



LIGHT IT UP

Stack these five Avva birchwood votives for a single tealight tower or spread the light across the table. \$50 (includes snuffer); teroforma.com ■



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got lost.

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home

10 THINGS TO LOVE ABOUT *a sunny scheme*

Want a happy home? Squeeze in some orange! It's designer Jim Gauthier's go-to mood-lifter. See how he splashed it into his beachy rooms—and how you can use it, too.

BY SALLY FINDER WEEPIE | PHOTOS JOHN BESSLER
PRODUCED BY STACY KUNSTEL



ENDLESS SUMMER REALLY HAPPENS

at Jim Gauthier's house. A little rain? A whole bunch of snow? It's still warm and sunny inside this designer's New England home, thanks to a palette built around cheery orange and luscious chocolate brown. "Orange is my favorite color," Jim says. "I never tire of it." It was the star in his first design project, back when he was a kid and Mom wasn't so sure about the idea of painting his bedroom orange and white. And it's there today—although Barbara Gauthier no longer needs convincing about the livability of Jim's color choices. She's the first one at the door of the family hangout, ready to join Jim, his brother and sister, their spouses, and their kids for board games, lobster boils, long conversations, and lots of lounging around. "This is our place to get away from everything," Jim says. "Even on the worst of days, even during a blizzard, this house feels great. It's a place that makes people happy."



1 ORANGE IS HERE TO STAY

The hue works as a major player in Jim's palette because, he says, "I treat it as part of the house." As he brings in other colors, he looks for those that will provide either contrast or soft juxtaposition.

2 MAKE IT A COMBO

How's this for irony? "I hate Halloween," Jim says, "but my favorite companion to orange is chocolate brown." Here's his trick to make the pairing work: Add taupe, beige, blue, and green.

3 NAUTICAL'S NEW COURSE

Stripes say beachy style. But they're talking a whole new language in the foyer, *opposite*, where wallpaper is brown-striped, not navy.

4 JUST THE RIGHT ZING

No orange overload here. Set against airy white walls, color and pattern energize without overwhelming.

5 PICK A MIX

Nothing warms a room—or grounds a palette—like wood. Jim's mismatched vintage pieces look even more inviting, thanks to plump cushions slipcovered in dove-gray fabric.



AT HOME WITH Jim Gauthier, Boston-based interior designer. gauthierstacy.com

CAN'T LIVE WITHOUT "A tide clock. Our family constantly keeps an eye on tide times. That's why I named the house Tidewatch." (Thus the "TW" on the mantel.)

EVERY GATHERING NEEDS "Lobster! We celebrate every major family event with a lobster dinner."

Bittersweet Chocolate 2114-10
Benjamin Moore



Spring in Aspen 954
Benjamin Moore

6 DON'T BE AFRAID OF THE DARK

"Chocolate brown is great for the walls in a dining room and kitchen," Jim says. "Rooms don't feel smaller. The color makes them cozy."

7 ONE MAN'S JUNK

Flea markets, antiques stores, tag sales: Don't expect Jim to pass one up. He loves patinaed finds for their unique way of bringing in accent colors—and history. In a previous life, the earthy-green kitchen island, *below*, where his extended family loves to gather, was a shop counter.

8 METAL EDGE

A mix of metals makes a room modern and adds depth to a palette. Jim juxtaposes traditional wrought iron with contemporary brushed steel.

ORANGE CAN EBB AND FLOW

in a palette. Give green or blue accents a bigger role to change a room's look with your mood or with the seasons.





THICK CUT FOR MORE
SEA-SALTED CRUNCH



9 IT'S CURTAINS

You already count on soft pillows and pretty linens to make an outdoor space feel like a real room. So now draw on the power of curtain panels. Jim embellished his with orange banding.

10 TAKE A DIP

White wicker chairs aren't just more colorful, they're more fun when tops are spray-painted a splashy orange. ■

The palette

Orange adds warm energy. Ground it with rich brown, a favorite neutral, and hits of complementary blue and earthy green.





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for the love of gray

Our infatuation with gray is turning into a long-term commitment. Warm or cool, pure or tinged with color—nothing adds sophistication quite the same way.

BY NATALIE McILWAIN

GRIZZLE GRAY

7068 Pump up the drama with this deep, pure gray. Surprisingly, it seems to recede, making a room look bigger. *Sherwin-Williams*

FULL MOON

29-31 Fear not! This transitional shade will ease you past classic white into grayish neutrals. Mix in rich woods for a sophisticated look. *Pratt & Lambert*

HAVEN OF COZINESS

N-C1 The gray undertones in this beige warm up a room—and pair beautifully with blues and greens. *Clark + Kensington*

GRAVELSTONE

MQ2-50 Ground a bold-color room with a sofa in this gray-tan shade, or try it on built-ins for a little color boost. *Behr*

GREY STONE

UL15 This goes-with-everything gray works great for walls, a headboard, or accessories. *Ralph Lauren*

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FADE AWAY

Minimal window treatments keep the space feeling open and airy.

MATERIAL MIX

Hard materials like the steel-top table and chandelier (enjoyco.net) blend with the room's softer elements.

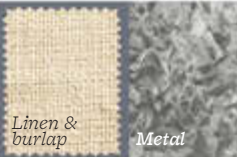
COOL DOWN Dover Gray PPG1001-5

"This shade can take on a variety of personalities," says Vicente Wolf, designer and PPG Pittsburgh Paints color and design adviser. "Bring it down to earth with textures (above) or, for a more dramatic look, use shinier fabrics and finishes." A space doesn't need bright colors to be interesting. Lighter furniture and fabrics bring welcome contrast, and white trim and ceilings let the cool gray be the star. "Though the walls are dark, the lighter furniture gives the room the sense of being light," Vicente says.

Plays well with...

Soften cool gray walls with creamy whites and linens, then amp up the visual interest with metals and dark wood flooring.

Delicate White
1001-1
PPG



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10 MINUTES?

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NEED
7.

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**LIQUID-
PLUMR**

“First find out what emotion you want your space to play into—**AIRY, EARTHBOUND, DRAMATIC**—then proceed to choose your color from there.”

—Vicente Wolf



MATCHMAKER

When picking accent colors, shades that have the same tonal value or brightness are can't-miss pairs.

WARM UP Rock Cliffs PPG1101-4

This warm mushroom shade holds its own on walls (or bookcases), but take it to its full potential with colorful accents. “The accents can go dark with black or wood tones,” Vicente says, or sprinkle in your favorite color. “Any shade of blue works great with this taupe,” he says. “Rust or a dash of yellow would look great, too.” And don’t forget about metallics: “Silver looks beautiful and brings a cool edge to the warm hue.”

Plays well with...

Taupe looks best with a playful pop of color in the mix. Pair it with one—or both—of these bright shades for a room that’s a far cry from “snoozy neutral.”

Mocha
Brown
2107-10
Benjamin
Moore

Pumpkin
Blush
2156-20
Benjamin
Moore

Spruce
Green
2035-50
Benjamin
Moore

A woman with long red hair is lying face down on a red sofa in a grassy park. In the background, a man in a light blue shirt and two children are playing with a baseball. The scene is set in a lush green park with many trees.

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“This **PAIRING OF CRISP WHITE AND GRAY** shows the influence of men’s suiting in the interior field. It’s a sharp combo.” —Vicente Wolf



GET INSPIRED!

Love neutrals as much as we do? Browse photos of our favorite neutral spaces. BHG.com/Neutral



MIDDLE GROUND Gray Marble PPG1002-4

The perfect pairing, this versatile midrange gray looks beautiful with white. Try this technique (no wallpaper required) to liven up an all-neutral room. Start with a white base coat on the wall. Then, tape off your desired pattern and paint over with your favorite gray. Remove the tape before paint fully dries for a crisp finish. Who knew neutrals could be so fun? ■

Plays well with...

Darker grays (try a notch or two lower on the paint chip), a hit of metallic, and a no-fail white take this everyday gray to new heights.

Metallic

Delicate White
1001-1
PPG

Antique Silver
1002-5
PPG



Try New Italian Cheese & Herb Pita



The Art of Entertaining™

CURTAIN CALL

Subdued color at the windows allows for bolder bursts of blue elsewhere—like a turquoise chandelier.

rise and shine

Every morning is bright and sunny in this bedroom, where artist Jeanne Bleu builds a fearless palette of blues topped with yellow high notes.

BY CANDACE ORD MANROE | PHOTOS KIM CORNELISON

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“BLUE CAN FEEL LIKE A NEUTRAL,”

says Jeanne Bleu, cofounder of stationery/design store Mara Mi and creative director of Manhattan Toy Company, both in Minneapolis. “I like it because all different shades of blue work together—turquoise blues and royal blues—and they keep a room from being too matchy.” Here’s how Jeanne masters the mix:

BACKGROUND CHECK

A clean wall color is a good start. Light, neutral paint lets the bluesy mix on fabrics and light fixtures command the stage. Jeanne used Benjamin Moore’s Harbor Gray.

A CASE FOR COLOR

Layering pillows creates the prettiest bedscapes. Jeanne placed navy blue-checked pillows at the back of the stack for a close connection to the indigo-and-cream curtains, then brightened the bedding with sunny yellow-and-white shams.

WARM-UPS

A beloved blue, white, and yellow blanket pulls the palette together. “Blankets are a passion of mine,” Jeanne says. “This one from Norway travels with me from room to room.”

The palette

Jeanne’s bedroom features bold blues, sunny yellows, and easygoing gray.



Wrought-iron bed frames won’t block light if placed in front of windows. Svelvik frame, \$249; ikea.com



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Get the look LAMP Add color and curves to a bedside. Regatta Blue Double Gourd Table Lamp, \$99.99; lampsplus.com **PILLOW SHAMS** Bold yellow borders wake up white bedding. Modern Border Citrine Sham, \$69 for two; dwellstudio.com **BLANKET** Fun geometric designs on organic cotton. Remix Blanket, \$149.95; shopphorne.com **CURTAINS** Animal and vine motif on navy. Convertible Drapery in Pantheon Admiral, \$176 per panel; loomdecor.com ■



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it's all about the blues

If you love a color, run with it! In this cozy coastal kitchen, moody hues add the wow—appearing as both easy background and bright accents.

BY JODY GARLOCK | PHOTOS MICHAEL PARTENIO
PRODUCED BY STACY KUNSTEL

Stone Blue No. 86
Farrow & Ball

Blue cabinets set a casual mood in this Massachusetts kitchen. “We wanted it to be playful,” designer Elizabeth Swartz says. “The room gets fabulous natural light, so we could be bold with the cabinets.”

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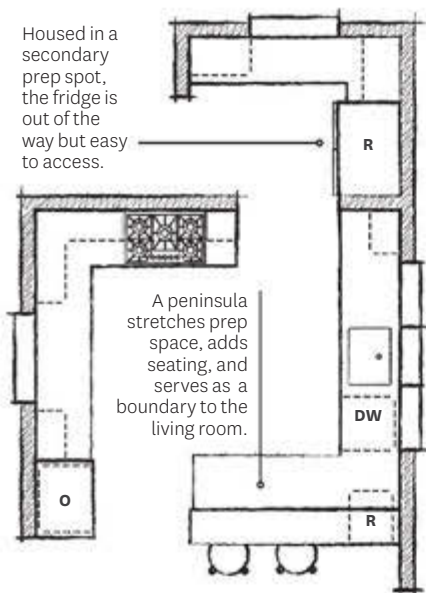
Silk Original Cashewmilk: 60 cal/serv;
skim dairy milk: 80 cal/serv. Character is
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Soft whites, rich woods (including rustic-looking beams), and dark bronze accents warm the cool blues. Wood flooring shifts to cork in the kitchen for softness.

SO HANDY
A beverage cooler brings function to a dead-space corner. Sips are easy to grab from the living room.

Housed in a secondary prep spot, the fridge is out of the way but easy to access.



SEEING IS BELIEVING

for designer Elizabeth Swartz. She's been known to fashion crude chandeliers out of tuna cans and clothes hangers to help homeowners visualize the scale of light fixtures. She has mocked up peninsulas from card tables topped with milk crates and foam core to show how the real deal would alter traffic flow. But this kitchen didn't require any visualization tricks; the homeowner was sold on nearly everything that Swartz suggested, including color. "Beige is not one of my go-to basics," says the designer, who heads her namesake Boston firm, Elizabeth Swartz Interiors. "I'm big on color."

In this case, she was big on blue, the homeowner's favorite color that nods to her Scandinavian heritage as well as the nearby ocean. Swartz ran with blues—some leaning gray; others, green—on cabinets, stone countertops, and the glass tile backsplash. She then shifted to more noticeably different shades with accessories, such as cobalt art glass pendants and turquoise sconces. "Variety is key," Swartz says. "I like to bring in different shades and textures for interest. If you're not afraid of color, I say go for it. Choose what you like and be confident."

ILLUSTRATION: CHRIS GLOWACKI

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STEPPED UP

A granite ledge takes the place of a wood windowsill for continuity with the countertop.



Other blues to try

These cool hues—all good for cabinets—happily pair with stainless steel and brushed nickel.

Sailor's Sea
Blue
2063-40
Benjamin
Moore

Mystery
MQ5-51
Behr

Atmospheric
SW6505
Sherwin-
Williams



Two irresistible flavors

I can't believe they're making a megastar like me do this.

Hey, I know those guys.





“CONSIDER THE LIGHTING when you’re choosing a color. Even the type of bulbs you choose will change the look.”

Elizabeth Swartz, designer

“We grabbed space wherever we could,” Swartz says. A porch converted into a pantry houses the refrigerator, *left*. A transom window added above the doorway draws light into the kitchen.

Shelves built into the side of a cabinet, *opposite right*, offer easy access to cookbooks; a false door fronts the cabinet. The convenience trumped the lost hidden storage, Swartz says. ■



BEST BETS FOR BLUES

Blue is beautiful in the kitchen. Watch these tips on how to use a little or a lot. BHG.com/AddBlue

For complete buying information: BHG.com/Resources

BETTER HOMES AND GARDENS | MARCH 2015 | BHG.COM

57

under 200 calories.

I don't like the way people are looking at us.



I better be getting paid overtime for this.



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color in the kitchen

Why hide cool kitchen gear in a cabinet? These bold picks spotlight your color quotient right on the countertop. Choose one to accent—or launch—your palette.

BY KIT SELZER



Grab this wireless speaker and go—to the dining room or just about anywhere.

This sparkling-water maker uses CO₂ cylinders that will last for 60 or 130 liters.

Pick one hue or three to create your own colorful canister set.

SCHEME
STAR

1 You'll flip your lid. The bamboo top on this bread box doubles as a cutting board. Bistro Bread Box, \$30; bodum.com **2** Turn on the tunes wirelessly while you turn up the heat. SoundLink Color Bluetooth Speaker, \$129.95 each; bose.com **3** Even when you're not making Belgian-style waffles, this green appliance deserves a sweet spot on your counter. DuraCeramic Flip Waffle Maker, \$39.99; oster.com **4** Add fizz to your tap water and pizzazz to your kitchen with a carbonated beverage maker in eye-popping red. SodaStream Play, \$89.99; sodastreamusa.com **5** A culinary favorite (we know people who have designed their entire kitchens around it), this stand mixer now comes in more than 30 colors, including Majestic Yellow. Artisan Mixer, \$429.99; kitchenaid.com **6** Here's a paper towel holder you can use with one hand. Kuchenprofi, \$30.14; amazon.com **7** Make a match or mix it up with vitrified china canisters. Fiesta, \$119.97 for a set of three sizes; fiestafactorydirect.com

WIN

Add color to your home with our favorite products. Go to BHG.com/ColorWin for your chance to win throughout March. Details on page 154.



Too pretty to put away! Use this colander as a substitute fruit bowl.



8 Make a smoothie, then seal the 20-oz. jar (one of two) with a travel lid on your way out the door. FusionBlade Personal Blender, \$34.99; blackanddeckerappliances.com

9 Passion is one of eight hues to choose for this 5-quart colander. Savora Colander, \$39.99; savorastyle.com

10 Sometimes a pinch of color is all a kitchen needs. This set of six 4-oz. tins features lids that let you sift or pour spices. Magnetic Storage Tins by Kamenstein, \$14.99; pfaltzgraff.com ■

PHOTOS: (BLENDER AND STORAGE TINS) BLAINE MOATS

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Try a pop of color on the walls in the season's hottest new shades of blue. Contrast the strong tones with lived-in textures and quality materials like weathered finishes and rubbed metals for a modern warmth.

STYLE YOUR ROOMS

Make the most of the space you have—look for pieces that can work anywhere, seating light enough to move around, storage you can select by size and customize with bins.

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*Selections may vary by store

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Better Homes and Gardens®
Collapsible Storage Bins, **\$5.67** each

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Moroccan Cream 5'x7' Rug, **\$84.96**



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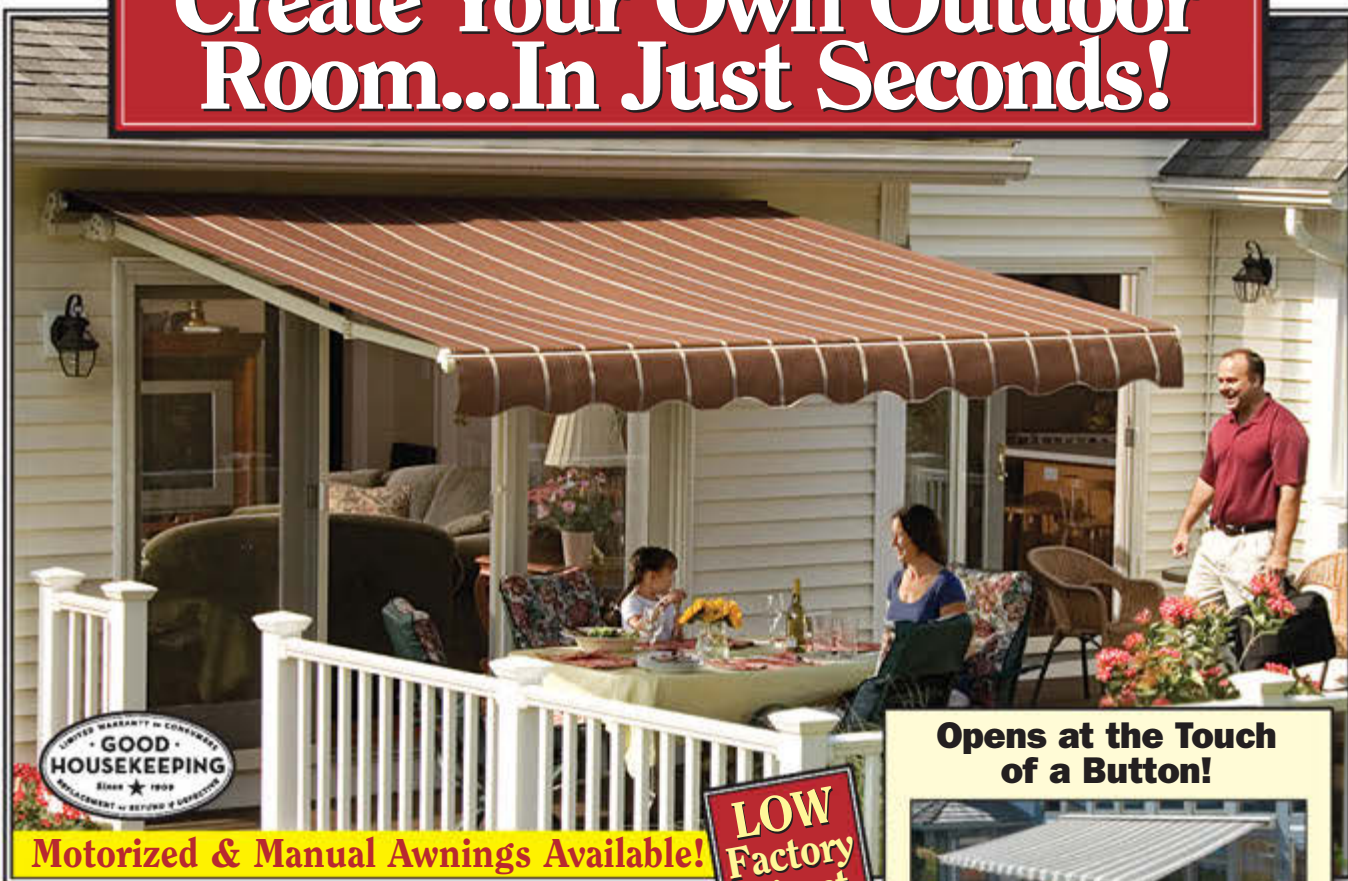
rock the block

Put your home's best foot forward. Paint, plants, and fresh hardware go a long way to sprucing up your exterior.

BY NATALIE McILWAIN | PHOTOS WILLIAM GEDDES
PRODUCED BY ANNA MOLVIK

Great landscaping, a harmonious color scheme, and thoughtful architectural details make this New York home a looker. Brick eyebrow arches inspired the curved detailing in the new portico and attic window.

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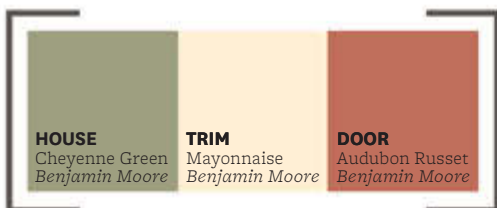
SunSetter
RETRACTABLE AWNINGS

READY FOR A CHANGE?

It all starts with the entry. From a swipe of paint to fave perennial picks, here's how to get it done.

1 PICK YOUR PALETTE

A fresh coat of paint is definitely the biggest bang for your buck. Architect Rosamund Young and homeowner Janice Kelly based this color combo on another house in the neighborhood. "The best resource for house colors is the neighborhood context," Young says. "Pick a few colors and sample them directly on your house."



2 GO GREEN

Landscape designer Frank Chiera chose deep green shades in boxwoods, hydrangeas, and hostas to provide contrast to the exterior. He outlined the walkway with native grasses to provide year-round textural interest. "Know the size your plants will get at their peak, so they don't become overbearing to walkways or entries," Chiera says.

3 TAKE YOUR TIME

Structural changes can be expensive, so if your house needs more than a fresh coat of paint, work in stages. "Start with the front facade and entry as phase one," Young says. Paint the front door, refinish the walkway, or accessorize the entry for instant impact.



Front door fix-ups

MAILBOX Architectural Mailboxes Metal Bronze Post Mount, \$169.99; lowes.com **PLANTERS** Slant Planters, \$49.95–\$69.95; crateandbarrel.com **DOOR KNOCKER** Baldwin Colonial Distressed Oil-Rubbed Bronze Door Knocker, \$39.97; homedepot.com **LIGHT** Sterling Industries 1 Light Star Pendant, \$118; wayfair.com



NO-FAIL DOOR COLOR

Two easy tricks for picking a door color: Stick close to the exterior and just go a few shades darker. Or create contrast with the complementary color, like green/red.

(Left to right) Rock Garden 6195, Fired Brick 6335, Burgundy 6300 (Sherwin-Williams) ■



WHAT'S YOUR FRONT DOOR STYLE?

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Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

his Alzheimer's caregiver

his guardian

his advocate

his voice

I am

his rock

treatment may help their moderate to severe Alzheimer's disease.

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

- Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.

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NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

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- Difficulty passing urine
- Liver, kidney, or bladder problems

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How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
- If you have forgotten to take NAMENDA XR for several days, do not take the next dose until you have talked to your healthcare professional.

What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com or call 1 800-678-1605.

Please also see full Prescribing Information at www.namendaxr.com.

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NXR23614 12/14

pretty in pink (and purple, too)

From soft blush to bright fuchsia, the soothing colors in this Hamptons garden shine against trim greenery and subdued hardscaping.

BY KAREN WEIR-JIMERSON | PHOTOS COSTAS PICADAS

EYE CANDY

“I wanted something that popped,” owner Jack Pearson says of his billowy Leonardo da Vinci roses. In a delicate balance of restraint and excess, the stacked-stone raised bed is edged with sheared boxwood and topped with a garden version of cotton candy. How sweet it is!

STAY CALM

Neutral pots and woven furnishings set a soothing tone. "I use a lot of bluestone, zinc, and concrete pots," Jack says. Everything is a variation of gray or tan. "I don't want competition with the garden."



**SOCIAL
CLIMBER**

Leonardo da Vinci roses make a second appearance around the door.

ROMANCE IN THE AIR

Choose vines that bloom at the same time, such as Jackmanii clematis and The Fairy rose.

BE EDGY WITH COLOR

A swirl of Frosted Violet heuchera acts as a swipe of dark eyeliner in front of the long green lashes of Siberian iris. Its pearly pink flower spikes create a dainty contrast with the fuchsia-hued iris blooms. After flowers fade, contrasting foliage provides architectural staying power.

FROST THE LAYERS

Jack strategically plants flowers where they'll provide hits of color that delineate the swaths of green. Astilbe (*far left*) is one of his favorites. "They're short, they have spiky tops, and they add a little architecture," he says. Here, the airy bloom spires of Catherine Deneuve astilbe glow against chartreuse boxwood.

The palette "It's funny, but when I was in the fashion business, I didn't like purples and pink there," Jack says. In the garden, he takes a different view, loving their contrast against greens and grays.

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GARDEN ARTISTRY

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SPHERE OF INFLUENCE

Big Daddy hosta, spiky New Zealand flax, and bigleaf hydrangea embrace a verdigris wire sphere. The scene is accentuated by the soft-gray exterior wall behind it. ■

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What exactly is the difference
between want and need?

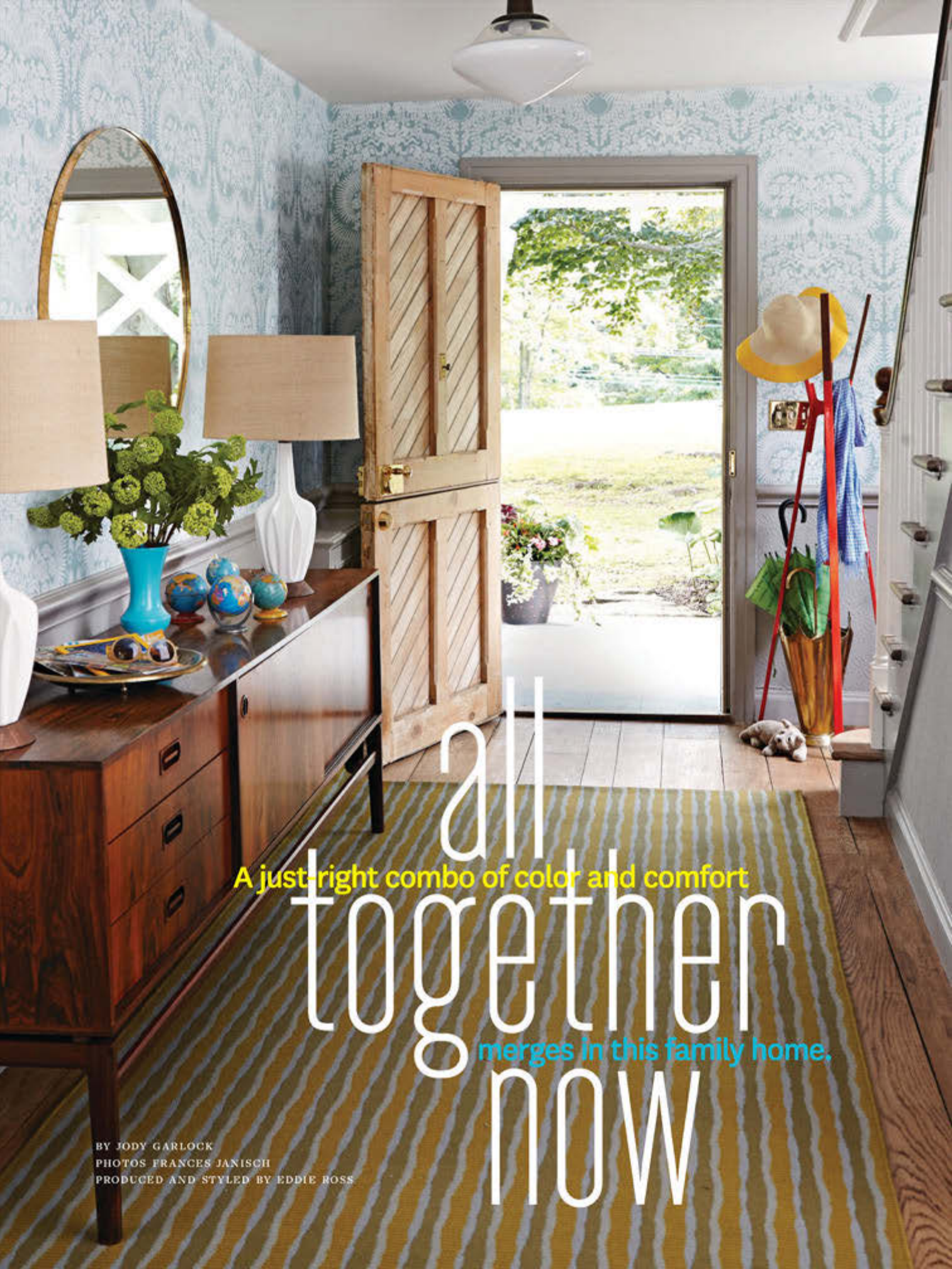


life in
COLOR
/ MARCH /





A quiet setting with room for gardens attracted Elise Contarsy and Cynthia Lynch to their 1800s home, *this photo*. "The overall feeling of the house is very calming," Elise says. The entry, *opposite*, sets the tone with subdued colors enlivened with a handmade Swedish wallpaper.



all
A just-right combo of color and comfort
together
merges in this family home.
now

BY JODY GARLOCK
PHOTOS FRANCES JANISCH
PRODUCED AND STYLED BY EDDIE ROSS



THERE ARE A FEW GIVENS

in Elise Contarsy and Cynthia Lynch's home. There will be buckwheat pancakes for breakfast (on weekdays, pulled out of the freezer and popped in the microwave). Twins Cooper and Eleanor, 11, will hunker down at the dining table for heated games of Risk. And, on the decorating front, there will be color. "We love living with color," Elise says. "We wanted a warm and inviting space that says 'welcome home' every time we walk in the door."

The family's Chappaqua, New York, home is a soothing mix of grays, perked up with oranges, blues, and greens. The palette reflects Elise and Cynthia's "older and wiser" approach to color. Gone are the days of painting floors and walls any color on a whim. Now, with preteen kids, busy careers (Elise is a home furnishings marketing and brand exec; Cynthia, a midwife), and an 1800s house to tend to, the couple gravitates to colors that offer livability and flexibility. "I like color, but it doesn't have to be bright color," Cynthia says. The bright that makes its way into the home appears in small doses, such as the orange on the living room bookcases that reflects Elise's recent color kick. For Cynthia, those little splashes hit the sweet spot. "It's a happy home," she says.



Fireball Orange 2170-10
Benjamin Moore

“How color flows from room to room is so important,” Elise says. Large windows meant the living room, *this photo*, could handle dramatic charcoal walls. In the dining room, *opposite*, the gray lightens up—and has a blue tint that connects with the blue chairs in the living room.

Artist Grey UL31
Ralph Lauren Paint

TWO FOR ONE

Pattern on front, solid on back doesn't overwhelm. Easy version: Pop a patterned pillow on a solid-color chair.



*Randolph Blue CW-615
Benjamin Moore*

TRY THIS
Paint trim to
match the walls;
the gray here
proves that there
are more options
than just white
or stained wood.



“The glass dining area is a magical room—beautiful to be in whether it’s a sunny spring day or a blizzard. You feel like you’re sitting outside.”

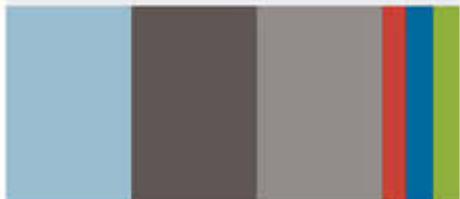
—Elise Contarsy

The green and blue scheme in the kitchen’s dining area, *left*, suggests land and sky, picking up on the views out the windows. “We have a very active kitchen,” says Cynthia, *below (in red)*, with Elise and twins Cooper and Eleanor. Switching up cabinetry between charcoal gray and white ensures that the room isn’t one-note; keeping the white on the top visually opens the room.

The gray-and-white entry creates a pretty frame into the dining room, *opposite*. “It’s a nice focal point when you walk into the house,” Elise says. Curtain panels from West Elm draw the eyes to the windows and provide a visual link to the entry’s patterned wallpaper.

The palette

Grays—light, dark, some veering blue—serve as easy-to-live-with neutral backdrops. They also welcome zippy accent colors: oranges, blues, and greens.





Nelson Blue CW-635
Benjamin Moore

In the master bedroom, *left*, small hits of pattern—including a curtain Cynthia cut into a roll-up shade—wake up neutral walls and solid linens, including affordable bedding from Walmart. The couple went all-out with pattern in the small bathroom, *below*, covering walls in a graphic orange paper. “Wallpaper can be expensive, so you have to choose places where you’ll get the most impact,” Elise says.

Cooper’s art—framed and hung above his bed, *opposite*—ties in the colors of the walls, bedding, and nubby rug. The classic colors, Elise says, will allow the room to grow with him. ■

“It isn’t just about choosing colors—it’s about choosing colors you love. That’s what will make your house feel like you.”

—Elise Contarsy



Early Morn 24-3
Pratt & Lambert

QUICK CHANGE

A quart of paint
is all it takes to
give a bookcase
(and room) a
little wow.

*Emotional SW6621,
Sherwin-Williams*



Hello, optimism! 2015 is all about a new outlook in vibrant color: greens as lush as a tropical leaf, chameleonlike corals, grays that drip with drama. So let's bring it home. Come with us on a...

BOLD

Love these pillows? Get them! *Page 93*

BY SALLY FINDER WEEPIE
PHOTOS GREG SCHEIDEMANN
PRODUCED BY EDDIE ROSS
AND JESSICA THOMAS

MARKET EDITORS: DEANNA DEWEY AND MICHELLE ADAMS

look and feel alive—
explore **rainforest** green

PARADISE 6720
Sherwin-Williams

flatter yourself in
warm blush

NAIVE PEACH 6631
Sherwin-Williams

get sassy, or go
soft: **shape-**
shifting coral

SALMON ROSE
2003-3C Valspar

ADVENTURE

deep and dreamy
oceanic blue

ESSENTIAL TEAL T15-3 Behr

with a **fresh**
berry on top

PANAMA ROSE
1181-7 PPG

sophisticated gray keeps
it **grounded**

STONE'S THROW 28-18
Pratt & Lambert

deep and dreamy

Dial up the **rich gray**, dial down the coral, and the mood is serene, sexy, **sophisticated**. And don't stop with the walls. Painting the floor gives a room a whole new look. Deep **teal** works here because it's the same intensity as the gray. No fears of dark forces taking over, though: A pale gray ceiling, neutral rug, and other light, bright touches deliver visual breathing room. Dash & Albert Numa wool rug; tuvaluhome.com. Nate Berkus side table; target.com. Spa Hues lamp; shadesoflight.com.

Art, pillows, and flowers add the kick of **berry bright**. Art by Anna Ullman; artfullywalls.com. La Fiorentina Wine & Magenta pillows; ariannabelle.com.

GET GRAY RIGHT

With a saturated color, test first! Paint a piece of foam-core board, and move it around the room to see how it looks at different times of day. It's the sure way to get a gray that doesn't go green.

One bold palette, TWO DIFFERENT LOOKS

THE SHOWSTOPPER

A jewel-green Stockholm sofa from IKEA packs a lot of *mmm*-velvet, retro-fresh midcentury style for a modest \$999. Trust us, you won't get sick of it. Green is nature's neutral, and bringing it inside feels as good as soft grass between your toes.

HOW'D WE DO IT?

For us, the adventure began months ago—an odyssey of trend research from paint companies, trade shows, fashion runways, and more. We melded the gems into a palette that packs excitement without losing livability. Now it's your turn. See where color takes you.

light and lively

Splash soft **coral** on the walls, and the vibe goes **happy** in a hurry, especially when the palette also includes plenty of gorgeous green, from deep and mossy to **luminous** and bright. Green glass lamp; shopcandelabra.com. Multicolor Painted Diamonds jute rug; shadesoflight.com.

Change your **pillows** and change the look of your space. For real. Take them out of this room, and it goes surprisingly neutral. Floral pillows; caitlinwilsonstextiles.com. Malakos Malachite pillow; dwellstudio.com. Fuchsia pillow; donnakaranhome.com.

Of course, you want to keep it sane while getting adventurous with color. Try this fresh palette cleanser: Pair an expansive white mat with a white frame for a seamless, airy look on **art**. *Big Swirl 1* by Susan Gillette; art.com. And remember to layer in grounding grays and timeless, **textural** wood and metal. Noah chair and Alec White coffee table; bryght.com. Martini side table; westelm.com. Hairpin dining table; selamatdesigns.com.



NO PAINT REQUIRED

You don't even have to lift a brush to change the look of a neutral dining room. Just bring in a few fresh tabletop items. Same goes for a classic neutral outfit. Accessories in coral and teal are bursting with life for spring.

instant updates

Explore color your own way. Travel the **no-big-commitment** road to a set of new tumblers or plates that'll perk up your table. Or **boldly go** for a wow-worthy jumpsuit and splashy pumps.

Dress the part *This page:* Jumpsuit; maggylondon.com. Ivanka Trump bag; zappos.com. Shoes; dunelondon.com. Ring; katespade.com. Necklace; vincecamuto.com. Enameled bangles; lydellnyc.com. Gold bangles; meyelo.com.

Pick your bright spot *Opposite:* Braided place mats; worldmarket.com. Herringbone pom-pom throw; furbishstudio.com. *Hermit's Road* art by Harry Stooshinoff; artfullywalls.com. Metallic stripe pink napkin; shopterrain.com. Kate Spade New York Malmo Rose Gold flatware; bedbathandbeyond.com. Damien Hirst Spin Plates; momastore.org. Marta double old-fashioned glasses; cb2.com. Gotham pink desk tray; workof.com. Shoes; ninemwest.com. Ivanka Trump clutch; nordstrom.com.

Be a softie *Page 88:* Bridge City Blooms gray and floral pillow; caitlinwilsonstextiles.com. Oasis yellow velvet pillow; worldmarket.com. Coral pillow, target.com. Pink pillow; donnaakaranhome.com. Blue and green Turtleback pillow; luluandgeorgia.com. Hawthorne striped pillow; caitlinwilsonstextiles.com. Neutral floral pillow; ariannabelle.com. Gray pillow, walmart.com. Velvet ottoman in Marine; safavieh.com. Pantone rug, target.com.



BEHIND THE SCENES

Our color pros have a lot more tips from our Palette of the Year that you can use in your home. Watch the videos! BHG.com/Color2015



Romance 6323
Sherwin-Williams

DIY IT

Paint curtain panels using a car sponge. Video how-to: BHG.com/DIYCurtains

Start your color adventure. Our tablet edition lets you try bedding, curtain, and wall paint combos to find a look you'll love. BHG.com/GetDigital



GET IN THE MIX

Play with pattern on the bed and still rest easy! A fail-safe mix has grounding elements like our white and gray, repeats colors, and repeats shapes like our circular elements. Then comes that one kapow: Our wow-worthy florals match the intensity of the curtain panels.



soft and modern

Flattering **blush** hues guarantee you'll look good. You'll be **current**, too, when you pair soft, romantic shades with bold **corals** and **grays**. We brought ours in with graphic, sponge-painted curtain panels, a fresh way to soften a clean-lined canopy bed. Osborn four-poster; crateandbarrel.com. Curtain panels; ikea.com.

Pile on **luscious textures** to make a bed oh-so inviting. Eileen Fisher Waves washed silk quilt; garnethill.com. Gray Dot duvet cover; graymarketdesign.com. Patterned sheets; target.com. Solid sheet and pillowcases; garnethill.com. Floral and gray dot pillows; anthropologie.com. Striped circles pillow; rebeccaatwood.com.

Rethink the Turkish rug. Our palette comes together in **antique blocks** that were washed, redyed, and stitched into a unique creation. Silkeborg rug; IKEA stores.

Finish with a **flourish**. Rose-gold Scoop table lamp; westelm.com. Olivia chest; grandinroad.com. Gray bench; safavieh.com. Velvet throw on bench; canvashomestore.com. Warm Geos art by Britt Bass Turner; artfullywalls.com. ■

For complete buying information:
BHG.com/Resources

planter's palette

Why should flowers have all the fun? From wallet-friendly to splurge-worthy options, these containers speak for themselves.

BY TEDI MATHIS | PHOTO BLAINE MOATS | PRODUCED BY SCOTT J. JOHNSON

PETAL TO THE METAL

Painted metal offers bold hues in freezeproof, lightweight forms.

MATERIAL WORLD

Fiberglass stands up to the elements with the appealing look of ceramic.

Browns Campania International Classic Rolled Rim Cast Stone Planter, \$134.99; hayneedle.com. Fern Planter in Terracotta Finish Design by Capital Garden Products, \$195; burkedecor.com. Ribbed Pot, \$225; mecox.com. Corrales Planter, \$39.99; campaniainternational.com for a retailer near you. Aged Dragon Scale Planter, \$46.25; campodefiori.com.

Blues Avondale Venti in Mountain Waves, \$65; robertallenhg.com. Wooden Rice Bucket, \$54.41; overstock.com. Leif Planter, \$162.50; interiorhomescapes.com. Delphine Planter in Aqua Blue Tiger, \$54.99; campaniainternational.com for a retailer near you.



“FILL” THESE PLANTERS

Use the Container Studio in our tablet edition to try plant combos. BHG.com/GetDigital

MOSS MEDIA

Faux patinas lend aged charm to new terra-cotta planters.

Neutrals

Metal Riveted Basket, \$98; detroitgardenworks.com. Large Fossil Cliff Planter, \$187.50; interiorhomescapes.com. Tall Galvani Planter, \$174; cspost.com. Manila Planter, \$72; jossandmain.com. Tin Metal Planter, \$13.95, and Slate Cylinder Pot, \$7; detroitgardenworks.com.

Greens

Hip Haven Retro Bullet Fiberglass Planter with Steel Stand, \$155; hayneedle.com. Honeycomb Planter, \$89.99; campaniainternational.com for a retailer near you. Aged Octagonal Planter, \$172.50; campodefiori.com. Better Homes and Gardens® Bombay Decorative Planter, \$17.96; walmart.com.

CAKE

The latest cake fashions on parade for your choosing.

BY HALI RAMDENE

RECIPES AND FOOD STYLING BETH KIRBY

PHOTOS JENNIFER DAVICK

PRODUCED BY NANCY WALL HOPKINS



1.

2.

DARK CHOCOLATE CAKE WITH FRESH STRAWBERRY BUTTERCREAM

The cake-lovers' cake: Fudgy chocolate takes a fanciful turn when stacked tall and filled with fluffy strawberry frosting. Brownie fans will adore the texture; strawberry fans will beg for another slice.

LEMON OLIVE OIL CAKE WITH LEMON CREAM

Playfully hard to pin down, this cake is elegant and simple, full of old-school charm with just enough edge. Bright, firm-textured layers and a swipe of citrusy cream have a sweet-tart pucker that lingers.

WALK

There's one waiting to make your gathering sweet.

Beth Kirby of the blog Local Milk shows you how.



LAVENDER THYME FLUTED CAKE WITH VANILLA CRÈME GLAZE

In one fell swoop, you get intoxicating herbal flavor and an eye-catching shape. Make two and stow one in the freezer for a party. Pour on a river of creamy glaze for an irresistible finish.



YELLOW CAKE WITH SALTED CHOCOLATE GANACHE

Your classic yellow cake dressed for any occasion. Two buttermilk-infused layers are sandwiched together with a lick-the-bowl-clean dark chocolate frosting and showered with flakes of crunchy sea salt.

CARROT CAKE WITH CREAM CHEESE MASCARPONE FROSTING

If there ever was a spring dessert, carrot cake is it. This deliciously simple version is accessorized with aromatic cardamom and paired with a crowd-pleasing, satiny, giddy-making cream cheese frosting.

Beth likes to measure ingredients by weight to ensure accuracy, so don't hesitate to pull out the kitchen scale.

Dark Chocolate Cake with Fresh Strawberry Buttercream

PREP 1 hr., 30 min. BAKE 30 min.

- 1½ cups water
- 3 cups granulated sugar (567 g)
- 2¼ cups all-purpose flour (281 g)
- 1½ cups unsweetened cocoa powder
- 2¼ tsp. baking soda
- 1¼ tsp. kosher salt
- 1¼ tsp. baking powder
- 3 large eggs, room temperature
- 1½ cups buttermilk, room temperature
- ¾ cup canola oil or olive oil
- 1 recipe Fresh Strawberry Buttercream (right)

1. Preheat oven to 350°F. Grease three 8×2-inch round cake pans. Line bottoms of pans with parchment. Grease; set aside. Bring water to boiling.

2. In a very large bowl whisk together sugar, flour, cocoa, baking soda, salt, and baking powder. In a large bowl whisk together eggs, buttermilk, and oil. Add egg mixture to dry ingredients. Using a rubber spatula, stir to combine, scraping down to bottom of bowl to thoroughly combine. Add boiling water; stir just until combined.

3. Divide batter between prepared pans, filling each with 3 cups batter (halfway full). Bake about 30 minutes or until a toothpick inserted near center(s) comes out clean. Cool in pans on a wire rack 10 minutes. Remove from pans. Cool. Wrap in plastic wrap; chill 1 hour. Frost with Fresh Strawberry Buttercream. Top with *strawberries* and *fresh basil leaves*. Makes 16 servings.

Fresh Strawberry Buttercream

In a very large heatproof bowl set over a pan of simmering water whisk together 8 egg whites (room temperature), 1½ cups sugar, ½ tsp. cream of tartar, and ¼ tsp. salt until sugar dissolves and mixture is 160°F. Remove. Beat with a mixer on high speed until stiff peaks form. Add 6 sticks room temperature butter, 1 Tbsp. at a time, until mixture thickens and becomes smooth. (If it begins to curdle, continue to beat, adding another piece of butter until smooth.) Stir in beans from 1 split vanilla bean, and 2 tsp. vanilla. Stir in 1½ cups strawberries, halved, pureed, and strained through a sieve. Makes 6 cups.

EACH SERVING 739 cal, 47 g fat, 128 mg chol, 478 mg sodium, 77 g carb, 3 g fiber, 8 g pro.

GET BETH'S LOOK Use 2 cups buttercream between layers to give the cake a festive, towering feel.

GO NATURAL

Color your frosting without artificial dyes. BHG.com/CakeWalk



Lemon Olive Oil Cake with Lemon Cream

PREP 30 min. BAKE 20 min.

- 2 eggs
- 1 cup sugar (189 g)
- 2 cups all-purpose flour (250 g)
- 1 tsp. kosher salt
- 1 tsp. baking powder
- 1 tsp. baking soda
- $\frac{2}{3}$ cup olive oil
- 4 tsp. finely shredded lemon peel
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{2}$ cup buttermilk
- 1 tsp. vanilla
- 1 recipe Lemon Cream (*below*)

1. Preheat oven to 350°F. Grease three 6×2-inch round cake pans. Line bottoms of pans with parchment. Grease. Set aside.

2. In a large bowl beat eggs and sugar with a mixer on medium about 5 minutes or until pale and thick ribbons form.

3. In another large bowl whisk together flour, salt, baking powder, and baking soda. In a medium bowl combine olive oil, lemon peel, lemon juice, and buttermilk.

4. Beat vanilla into egg mixture on low speed. With mixer on low, add dry and wet ingredients in three additions, starting with dry and ending with wet. After last addition turn mixer off and whisk until combined.

5. Divide batter between prepared pans, filling each with $1\frac{1}{3}$ cups batter (halfway full). Bake 20 to 25 minutes or until toothpick inserted near center(s) comes out clean. Remove. Cool in pans on rack 10 minutes. Remove from pans. Cool. Frost with Lemon Cream. Makes 12 servings.

Lemon Cream In bowl beat 1 cup ice-cold whipping cream, 2 Tbsp. powdered sugar, 1 Tbsp. finely shredded lemon peel, and 2 tsp. lemon juice until soft peaks form. Makes 2 cups.

EACH SERVING 343 cal, 21 g fat, 59 mg chol, 371 mg sodium, 36 g carb, 1 g fiber, 4 g pro.

GET BETH'S LOOK Spread $\frac{1}{2}$ cup Lemon Cream over sides of cake as thin crumb coat. Top with sugared Meyer lemon peel, cut into thin strips.



JASMINE LEAVES

Add a few branches of fragrant jasmine leaves to your party table for an instant flourish.

Lavender Thyme Fluted Cake with Vanilla Crème Glaze

PREP 20 min. BAKE 30 min.

- 3 cups all-purpose flour (375 g)
- 2 cups sugar (380 g)
- 1 Tbsp. chopped fresh thyme
- $1\frac{1}{2}$ tsp. dried lavender buds, ground
- $1\frac{1}{2}$ tsp. kosher salt
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- 3 eggs, room temperature
- 1 cup coconut oil, melted
- 1 cup whole milk, room temperature
- 1 Tbsp. apple cider vinegar
- 1 recipe Vanilla Crème Glaze (*below*)

1. Preheat oven to 350°F. Grease a 10-inch fluted tube pan; set aside. In a large bowl whisk together flour, sugar, thyme, lavender, salt, baking powder, and baking soda. In a bowl whisk together eggs, oil, milk, and vinegar. Add wet ingredients to dry ingredients; stir to combine. Spoon batter into prepared pan.

2. Bake for 30 to 40 minutes or until golden brown and a toothpick inserted near center is clean. Cool in pan 10 minutes. Remove from pan. Cool completely. Drizzle with Vanilla Crème Glaze. Top with snipped fresh thyme. Makes 16 to 20 servings.

Vanilla Crème Glaze In medium bowl whisk together 8 oz. *crème fraîche*, 5 Tbsp. powdered sugar, and 1 tsp. vanilla. Add whole milk, 1 tsp. at a time, until mixture is smooth.

EACH SERVING 377 cal, 21 g fat, 57 mg chol, 329 mg sodium, 45 g carb, 1 g fiber, 4 g pro.

GET BETH'S LOOK We used the Nordic Ware Heritage Bundt Pan (\$34.95; williams-sonoma.com) and drizzled glaze into the ridges.

4

Yellow Cake with Salted Chocolate Ganache

PREP 50 min. BAKE 35 min.

- 3 cups all-purpose flour (375 g)
- 2½ tsp. baking powder
- 1 tsp. kosher salt
- 2 cups sugar (380 g)
- 1 cup butter, room temperature
- 4 eggs plus 2 egg yolks, room temperature
- 1 tsp. vanilla
- 1 cup buttermilk, room temperature
- 1 recipe Salted Chocolate Ganache (below)

1. Preheat oven to 350°F. Grease and flour two 9x2-inch round baking pans; set aside. In medium bowl sift together flour, baking powder, and salt. In very large bowl beat sugar and butter with mixer on medium 6 to 8 minutes or until very light and fluffy. Add eggs and yolks, one at a time, beating until combined after each addition. Beat in vanilla. Add flour mixture to beaten mixture in 3 additions, alternating with buttermilk. (Batter will be thick.)

2. Divide batter between prepared pans, filling with about ¾ cups batter each (about half full). Bake about 35 minutes or until a toothpick inserted near center comes out clean. Remove. Cool in pans on a wire rack 10 minutes. Remove from pans. Cool.

3. Spread Salted Chocolate Ganache over top of each layer; stack layers on plate. Frost sides. Sprinkle with *sea salt*. Makes 16 servings.

Salted Chocolate Ganache Place 16 oz. chopped *dark chocolate* in large heatproof bowl. In saucepan bring 2 cups *whipping cream* to boiling. Pour over chocolate. Let stand 2 minutes. Stir in ¼ tsp. *kosher salt*. Cool in ice bath 15 to 20 minutes. Beat with mixer 2 minutes or until fluffy.

EACH SERVING 565 cal, 36 g fat, 143 mg chol, 369 mg sodium, 61 g carb, 3 g fiber, 7 g pro.

GET BETH'S LOOK Using an offset spatula, drag frosting vertically to create desired effect. Add an oversize peony for instant drama. Use edible varieties that have not been grown with pesticides or chemicals.

Grab your ruler and double-check the depth of your cake pans. For best results, they should be at least 2 inches deep.

Carrot Cake with Cream Cheese Mascarpone Frosting

PREP 45 min. BAKE 30 min.

- 4 large carrots, peeled
- 2½ cups all-purpose flour (313 g)
- 2 tsp. ground cinnamon
- 1 tsp. baking soda
- ½ tsp. kosher salt
- ½ tsp. ground cardamom
- ¼ tsp. freshly grated nutmeg
- 1 cup unsalted butter, room temperature
- 2 cups sugar (380 g)
- 1 tsp. vanilla
- 5 eggs, separated, room temperature
- ¾ cup buttermilk
- 1 recipe Cream Cheese Mascarpone Frosting (below)

1. Preheat oven to 350°F. Grease and flour two 9x2-inch round cake pans; set aside. Finely shred 3 of the carrots. Coarsely shred 1 carrot. In a medium bowl whisk together flour, cinnamon, baking soda, salt, cardamom, and nutmeg; set aside.

2. In a large bowl beat butter on medium speed 30 seconds. Gradually beat in the sugar until combined. Beat in carrots and vanilla until combined. Beat in egg yolks, one at a time, beating just until combined after each addition. Alternately add flour mixture and buttermilk to butter mixture.

3. Thoroughly wash beaters. In clean large bowl beat egg whites until stiff peaks form. Fold into batter. Divide batter between prepared pans, filling each with 3 cups batter (about one-third full). Bake 30 minutes or until a toothpick inserted near center(s) comes out clean. Cool in pans on wire rack for 10 minutes. Remove from pans. Cool.

4. Spread Cream Cheese Mascarpone Frosting over top of each layer; stack layers on a cake plate. Frost sides. Makes 16 servings.

Cream Cheese Mascarpone Frosting In a very large bowl beat 3 sticks softened *unsalted butter*, 8 oz. softened *cream cheese*, and 8 oz. softened *mascarpone cheese* until

light and fluffy. Beat in 1 lb. *powdered sugar*, ¼ tsp. *kosher salt*, ¼ tsp. *ground cardamom*, and 1 tsp. *vanilla* until smooth. Makes about 6 cups.

EACH SERVING 682 cal, 42 g fat, 171 mg chol, 292 mg sodium, 72 g carb, 1 g fiber, 6 g pro.

GET BETH'S LOOK To create a four-layer cake, prepare recipe as directed and bake two 9-inch layers. Prepare carrot cake recipe again, except substitute two 6x2-inch round cake pans, adding 1 cup batter to each pan. Bake 25 to 30 minutes as directed. (Bake remaining batter as cupcakes.) To assemble layers: Double frosting recipe; frost and stack cake layers. Make short horizontal pulls in frosting with an offset spatula to create a ripple texture on the cake sides.



Beth Kirby

A SOUTHERN THING

Beth is the creator of the food and lifestyle blog Local Milk. "Being Southern, I adore cakes and cake walks—both fine Southern traditions," she says.

HER STAMP ON THE STANDARDS

"When I bake a cake, I like to tweak it and make it my own," Beth says. "You don't have to reinvent the wheel when you bake. Just learn the classics and bake a cake like your grandmother did, then play with different flavors." Beth updates her recipes with lavender, thyme, and olive and coconut oils.

OUT OF THE KITCHEN

When Beth isn't dreaming up recipes for her blog (localmilkblog.com), she hosts workshops and freelances as a photographer. ■



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food

**RICOTTA
MEATBALLS**
Recipe on page 108

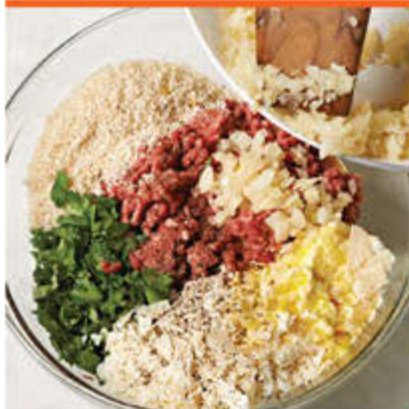
meatballs

Celebrity chef Fabio Viviani teaches his tricks for juicy, tender meatballs, plus offers modern twists on this Italian favorite.

BY MAGGIE GLISAN | PHOTOS ANDY LYONS
FOOD STYLING JILL LUST



“The perfect meatball is soft and moist and super juicy. When done right, it’s the ultimate comfort.” Fabio Viviani



START WITH THE MIX “I start by cooking the onions and garlic to caramelize the sugars in the onion and mellow the garlic flavor,” Fabio says. “Also, some meatballs call for bread soaked in milk for moisture. In this version I add ricotta cheese, which is also a foolproof way to avoid a dry meatball.”



USE YOUR HANDS “I’m an old-school guy, so I prefer to mix with my hands whenever I can,” Fabio says. “I like that you can really feel the texture as everything comes together. But a stand mixer fitted with a paddle attachment works great, too.”



TEST ONE OUT “Before rolling the entire mixture into balls, I like to bake a test one,” Fabio says. “It takes a little extra time, but it’s helpful because the consistency of ricotta can vary greatly. If the ricotta is too watery and the meatball falls apart, add more bread crumbs or ground beef. If the meatball is too dry, add more ricotta.”



BRUSH WITH OIL “Brush the meatballs with a little olive oil or rub your hands with a little olive oil before rolling them into balls,” Fabio says. “The oil makes them glisten and prevents moisture from escaping from the meatballs so they stay juicy and tender.”

Ricotta Meatballs

“When you finish the meatballs in marinara sauce, any excess juices that escape from the meatballs simply flavor the sauce even more,” Fabio says.

PREP 40 min. BAKE 22 min.

- 1 large yellow onion, minced (1 cup)
- $\frac{1}{4}$ cup minced garlic
- 3 Tbsp. olive oil
- 2 eggs, lightly beaten
- $2\frac{1}{2}$ lb. ground beef, 80 percent lean
- 1 cup grana Padano cheese, grated
- 1 15-oz. carton whole milk ricotta cheese
- 1 cup panko bread crumbs
- $\frac{1}{2}$ cup fresh flat-leaf Italian parsley, chopped
- $\frac{1}{2}$ cup fresh basil, chopped
- Marinara sauce

1. Preheat oven to 350°F. Line 2 shallow baking pans with parchment; set aside.
2. In a large skillet cook onion and garlic in 1 Tbsp. of the olive oil 8 minutes or until translucent. Let cool.
3. Meanwhile, in a large bowl combine eggs, ground beef, grana Padano, ricotta, panko, parsley, basil, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Add onion mixture. Using your hands, mix to combine. Shape into 2-inch balls. Place on prepared pans.
4. Brush with remaining 2 Tbsp. olive oil. Bake 22 minutes or until just cooked through (165°F).
5. Meanwhile, in a saucepan bring marinara sauce to boiling. Add meatballs; coat with sauce. Simmer 5 minutes. Serve warm. Makes 65 meatballs.

Freezer Tip Freeze leftover meatballs up to 1 month. When ready to use, in a very large skillet bring marinara sauce to a simmer. Add frozen meatballs; return to simmer. Cover; simmer 10 minutes or until heated through.

EACH MEATBALL 71 cal, 5 g fat, 22 mg chol, 59 mg sodium, 1 g carb, 0 g fiber, 5 g pro.



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**CHICKEN MEATBALLS
WITH SUN-DRIED
TOMATOES**

Recipe on page 114

GREAT GRIND

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Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~3 chicken breast halves, cubed~~

~~2 tbsps. butter, divided~~

~~2 cloves garlic, minced, divided~~

~~2 tbsps. chopped flat-leaf parsley~~

~~1 1/2 tssps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tssps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley, cook until onions are transparent.~~

3. Add ~~garlic~~ cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



More 15 minute sensations at sausagesosimple.com

Serve these meatballs on an antipasti platter with a little bowl of Mango Salsa—talk about a crowd-pleaser.

**SWEET AND SPICY
MEATBALLS WITH
MANGO SALSA**

Recipe on page 114

YOU CAN'T BEAT ZERO HEARTBURN*

LARRY THE
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Prilosec OTC® contains medicine once only available by prescription, and is the:

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[^]Symphony Health Solutions ProVoice™ Survey, Jan. 2005–Mar. 2014 ^{^^}Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014

**P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014

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Chicken Meatballs with Sun-Dried Tomatoes

PREP 25 min. BAKE 16 min.

- 3½ oz. oil-packed sun-dried tomatoes, blotted dry (about ¾ cup)
- 3 cloves garlic
- ¼ cup seasoned fine dry bread crumbs
- 1½ lb. ground chicken
- ½ cup whole milk ricotta cheese
- 2 eggs, lightly beaten
- 1 Tbsp. whole milk
- 1 Tbsp. chopped fresh parsley
- 2 tsp. dried thyme, crushed
- 1 tsp. dried oregano, crushed
- 1 tsp. dried marjoram, crushed
- 2 Tbsp. olive oil
- 1 recipe White Sauce, *right*

1. Preheat oven to 350°F. Line a baking pan with parchment; set aside.
2. In a food processor pulse tomatoes, garlic, ¼ tsp. salt, and ½ tsp. pepper. Add bread crumbs. Pulse to combine.

3. Transfer mixture to a large bowl. Add chicken, ricotta, eggs, milk, parsley, thyme, oregano, and marjoram. Using your hands, mix to combine. Shape into 1½-inch balls. Brush with olive oil. Place on prepared pan.

4. Bake 16 minutes or until cooked through (165°F). Transfer to saucepan with White Sauce. Stir to coat. Makes 40 meatballs.

White Sauce In a medium saucepan combine 3 Tbsp. flour and 2 Tbsp. butter over medium-high heat. Cook and stir 2 minutes until mixture turns blonde. Add 1 cup chicken broth, 1 cup heavy cream, 1 Tbsp. white balsamic vinegar, 1 tsp. Worcestershire sauce, 1 tsp. dried thyme, ¼ tsp. salt, and ¼ tsp. pepper. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in 2 Tbsp. chopped parsley.

EACH MEATBALL 47 cal, 3 g fat, 26 mg chol, 46 mg sodium, 1 g carb, 0 g fiber, 4 g pro.

Sweet and Spicy Meatballs with Mango Salsa

The flavor of marinated Calabrian peppers takes Fabio back to his childhood growing up in Italy. These peppers can be hard to find; if they're not available at your supermarket, substitute crushed red pepper.

PREP 30 min. BAKE 22 min.


- ⅓ cup whole milk
- ⅓ cup fine dry bread crumbs
- 8 slices bacon, chopped
- 1 medium onion, finely chopped
- 2 Tbsp. minced garlic
- 1 Tbsp. Worcestershire sauce
- 1 tsp. ground cumin
- 1 tsp. crushed red pepper or 2 Tbsp. minced marinated Calabrian peppers
- ½ tsp. dried thyme, crushed
- 1½ lb. ground beef, 80 percent lean
- 1 lb. ground pork
- 2 eggs
- ¼ cup snipped fresh flat-leaf Italian parsley
- 2 Tbsp. olive oil
- 1 recipe Mango Salsa (*opposite*)



porkapeñoswi

Triscuit starts with simple ingredients like 100% whole grain wheat.* Then we added Swiss cheese, zesty jalapeños and pulled pork. Where you take your Triscuit is entirely up to you.

Triscuit made for more

 pinterest.com/triscuit

1. Preheat oven to 350°F. Line a shallow baking pan with parchment; set aside.
2. In a large bowl combine milk and bread crumbs; set aside. Meanwhile, in a large skillet cook bacon over medium heat until crisp. Transfer to paper towels, reserving 2 Tbsp. drippings in skillet.
3. Add onion and garlic to skillet. Cook and stir 2 to 3 minutes. Add Worcestershire sauce; deglaze pan by scraping up any browned bits from the bottom.
4. Add cumin, crushed red pepper, and thyme; cook 1 minute more. Add onion mixture to soaked bread crumbs; mix thoroughly. Season mixture with salt and pepper to taste.
5. Add beef, pork, reserved bacon, eggs, and parsley to bread crumb mixture. Using your hands, mix to combine. Shape into 2-inch meatballs. Brush with olive oil. Place on prepared pan.
6. Bake 22 to 25 minutes or until meatballs are cooked through (160°F). Serve with Mango Salsa. Makes 24 meatballs.

Mango Salsa In a medium bowl combine $\frac{3}{4}$ cup chopped fresh *mango* and/or *papaya*, $\frac{1}{4}$ cup chopped *red sweet pepper*, 3 sliced *green onions*, 2 Tbsp. *olive oil*, and 1 Tbsp. minced *shallot*. Season to taste with salt and pepper.

EACH MEATBALL 163 cal, 12 g fat, 52 mg chol, 128 mg sodium, 2 g carb, 0 g fiber, 10 g pro. ■

Fabio Viviani

FROM ITALY, WITH LOVE

Born and raised in Florence, Fabio has made his mark on the United States in the past few years as a chef, restaurateur, and media personality. He is the executive chef of four restaurants in Los Angeles, Chicago, and Miami as well as the “Fan Favorite” from *Top Chef Season 5*. His newest venture, the Fabio Viviani Wine Collection (available at fabiovivianiwines.com), launched in November.



MORE FROM FABIO

His third cookbook, *Fabio's American Home Kitchen* (Hachette, \$30) features Fabio's Italian spin on American favorites such as Italian Fried Missouri-Style Ravioli and Chicken Potpies.

sscu^{it}



WEEKNIGHT

delicious

Fast and fresh solutions for dinner tonight.

TEX-MEX CHOPPED SALAD



A salad with no lettuce can still be a salad! Here, a generous amount of refreshing cilantro fills that role, bringing a clean herb flavor to the mix.

♥ Pin it! BHG.com/Salad

WHAT YOU NEED

- 1/3 cup lime juice
- 1/3 cup olive oil
- 1 tsp. sugar
- 1/4 tsp. crushed red pepper
- 1 15- to 16-oz. can black beans, rinsed and drained
- 10 oz. frozen whole kernel corn, thawed
- 2 cups lightly packed cilantro, chopped
- 2 cups grape or cherry tomatoes, halved
- 1 avocado, halved, pitted, and chopped
- 1 green sweet pepper, chopped
- 6 green onions, thinly sliced

1. In a screw-top jar combine lime juice, oil, sugar, 1/2 tsp. kosher salt, and crushed red pepper. Shake well to combine.
2. Arrange black beans, corn, cilantro, tomatoes, avocado, sweet pepper, and green onions on plates. Drizzle with dressing. Makes 4 servings.

EACH SERVING 400 cal, 24 g fat, 646 mg sodium, 44 g carb, 11 g fiber, 10 g pro.



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Chopped kalamata olives scattered over the soup give it a briny pop. Add them right before serving so the soup doesn't get too salty.

♥ Pin it! BHG.com/BeanSoup

FRESH BASIL AND NAVY BEAN SOUP



WHAT YOU NEED

- 4 cups reduced-sodium chicken broth
- 4 oz. dried medium shell pasta
- 1 14½-oz. can diced tomatoes, undrained
- ¼ tsp. crushed red pepper (optional)
- 1 15- to 16-oz. can navy beans, rinsed and drained
- 1 cup chopped cooked chicken breast
- 1 cup fresh arugula
- ½ cup chopped fresh basil
- 1 Tbsp. extra-virgin olive oil

1. In a 4-qt. Dutch oven bring broth to boiling. Add pasta, undrained tomatoes, and crushed red pepper, if desired. Return to boiling; reduce heat. Cover; cook 10 minutes or until pasta is just tender.

2. Stir in remaining ingredients; heat through. Season to taste with salt and pepper. Top with Parmesan cheese and basil leaves.

EACH SERVING 293 cal, 5 g fat, 30 mg chol, 1,114 mg sodium, 39 g carb, 7 g fiber, 23 g pro.



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WHAT YOU NEED

- 2 tsp. extra-virgin olive oil
- 1 lb. zucchini, halved lengthwise and thinly sliced
- 1 9-oz. package four-cheese ravioli
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup toasted almonds, chopped
- 2 to 4 Tbsp. balsamic vinegar
- 2 Tbsp. snipped mint

RAVIOLI ZUCCHINI AND BROWN BUTTER



Sometimes making dinner work with your schedule is simply a matter of how you serve it. This pasta toss doesn't need to be piping hot—it's delicious at any temperature.

♥ Pin it! BHG.com/Ravioli

1. In extra-large nonstick skillet heat olive oil over medium-high heat. Add zucchini; cook and stir 4 minutes or until tender. Transfer zucchini to a bowl; set aside.

2. Prepare ravioli according to package instructions; drain and keep warm. In the same skillet heat butter and $\frac{1}{2}$ tsp. *kosher salt* over medium heat about 3 minutes or until butter is browned, stirring occasionally. Add almonds; cook and stir 2 minutes or until toasted. Add zucchini; toss to coat. Add ravioli, balsamic vinegar, and mint; stir to gently coat. Makes 4 servings.

EACH SERVING 428 cal, 30 g fat, 67 mg chol, 683 mg sodium, 35 g carb, 5 g fiber, 13 g pro.

BROWN BUTTER BASICS

Opt for a lighter-color pan when you're making brown butter. Watch carefully as butter can quickly change from brown to "oops."



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Warm Apple Compote

Ingredients

1 1/2 tbsp butter or margarine
1 1/2 cups coarsely chopped apples
1/2 tbsp lemon juice
1/8 tsp nutmeg
1/4 cup Domino® Pourable Light Brown Sugar

Instructions

In a skillet, melt butter over medium-low heat. Stir in apples, lemon juice and nutmeg. Cook, stirring occasionally, until apples soften, about 7 minutes. Reduce heat to low and stir in sugar. Cook, stirring gently, until mixture becomes syrupy, about 2 minutes. Serve warm as a topping for pancakes, waffles, ice cream or oatmeal.

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Sub chicken broth and a splash of white vinegar.



THREE HERB CHICKEN AND MUSHROOMS

Adding herbs to the chicken and the pan sauce makes this recipe extra-delicious. Every bite is infused with flavor. Parsley, rosemary, and thyme make a nice trio, but it's all about using what you have on hand.

♥ **Pin it!** BHG.com/HerbChicken

WHAT YOU NEED

- 8 chicken thighs, skin on
- 2 Tbsp. snipped fresh rosemary
- 2 Tbsp. snipped fresh thyme
- 1 Tbsp. extra-virgin olive oil
- 8 oz. cremini or button mushrooms, quartered or halved
- 1 cup chicken broth
- 1/2 cup dry white wine
- 2 Tbsp. Dijon mustard
- 1 Tbsp. snipped fresh flat-leaf Italian parsley

1. Preheat oven to 400°F. Season chicken on both sides with *kosher salt*, *pepper*, 1 Tbsp. of the rosemary, and 1 Tbsp. of the thyme. In a large cast-iron or other oven-going skillet heat olive oil over medium heat. Add chicken, skin sides down; cook 5 to 7 minutes until browned on one side. Turn chicken pieces over. Transfer to oven. Bake 15 to 20 minutes or until chicken is done (170°F).

2. Remove chicken from skillet; set aside. In the same skillet, cook and stir mushrooms over medium-high heat about 4 minutes. Add 1 Tbsp. *flour* to skillet, stirring to coat. Whisk in chicken broth, wine, and mustard. Cook and stir until thickened and bubbly; cook and stir 1 minute more. Remove skillet from heat. Add remaining 1 Tbsp. rosemary, remaining 1 Tbsp. thyme, and parsley. Serve mushrooms and sauce over chicken. Makes 4 servings.

EACH SERVING 246 cal, 9 g fat, 131 mg chol, 647 mg sodium, 5 g carbo, 1 g fiber, 29 g pro. ■

There's **only one**
extra ingredient in
Homemade.



Buttercream Frosting

Ingredients

3 3/4 cups (1 lb. box) Domino®
Confectioners Sugar
1/2 cup butter (1 stick), softened
3 to 4 tablespoons milk
1 teaspoon vanilla extract

Instructions

In a large bowl with electric mixer at low speed, combine sugar, butter, milk and vanilla. Beat at medium speed 1 to 2 minutes until creamy. If desired, add more milk until frosting is spreading consistency.

Makes enough to fill and frost a 2-layer cake, a 13x9x2-inch sheet cake or 24 cupcakes.

Join us for
more frosting recipes.



dominosugar.com

Sugar
Butter
Milk
Vanilla Extract

Love

Say "bye, bye" to canned frosting. With Domino® Confectioners Sugar, and a few more ingredients you already know how to pronounce, your homemade Buttercream Frosting will be freshly whipped up before you can find your car keys to head to the store.

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Teach her the real way to make frosting.

*the Real Way
to do Sweet!™*



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You can also find our Buttercream Frosting recipe on the 1 lb. Domino® Confectioners Sugar box.

dinner on a dollar

Wake up your weeknight with Asian-inspired tacos that deliver tang, crunch, and spice with each bite.

BY MAGGIE GLISAN | PHOTO ANDY LYONS
FOOD STYLING GREG LUNA

Sesame Garlic Beef Tacos

Try something new for taco night—season your filling with flavors borrowed from Asian cuisines. Sesame oil, soy sauce, and rice vinegar give these tacos their distinctive flavor, while pickled cucumbers and cabbage add big crunch.

START TO FINISH 30 min.

- 8 white or yellow corn tortillas
- 1 lb. ground beef
- 2 Tbsp. toasted sesame oil
- 2 cloves garlic, minced
- ¼ cup reduced-sodium soy sauce
- 3 Tbsp. packed brown sugar
- 3 Tbsp. rice vinegar
- 1 Tbsp. water
- ¼ tsp. crushed red pepper
- 1 recipe Quick Pickled Cucumbers and Slaw, *below*
- Lime wedges

1. Preheat oven to 350°F. Stack tortillas; wrap in foil. Heat 10 minutes.
2. Meanwhile, in a large skillet brown ground beef over medium-high heat. Drain fat; set aside.
3. Add sesame oil to skillet. Add garlic; cook 30 seconds over medium heat or until lightly browned. Stir in soy sauce, brown sugar, rice vinegar, water, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes, stirring occasionally. Return beef to skillet; heat through.
4. To serve, spoon beef onto tortillas. Using a slotted spoon, top with Quick Pickled Cucumbers and Slaw. Serve with lime wedges. Makes 4 servings.

Quick Pickled Cucumbers and Slaw

In a medium bowl whisk together ¼ cup vinegar, 2 Tbsp. sugar, and ½ tsp. salt. Add 1 cup very thinly sliced cucumber and 1 cup shredded red cabbage. Let stand 15 minutes or up to 6 hours.

EACH TACO 250 cal, 12 g fat, 38 mg chol, 531 mg sodium, 23 g carb, 2 g fiber, 13 g pro. ■

SOME LIKE IT HOT

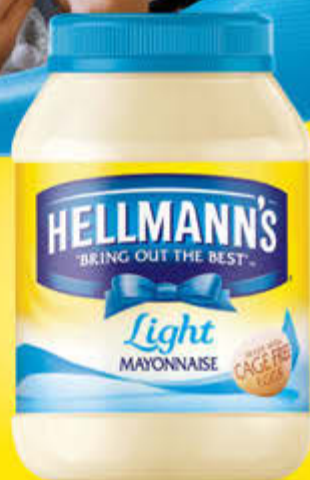
Serve tacos with a spicy chili sauce such as Sriracha for more heat.

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gluten free crackers

Munch on this: Snacking sans wheat tastes better than ever. Whether you dip, spread, or eat 'em solo, here are our top picks from the grocery.



Buzz-worthy chia seeds lend extra protein to these nutty rice crisps—3 g per serving!



Cheddar, mozzarella, Romano, and Parmesan make these a winner straight from the box.



Light, crisp crackers packed with whole grain goodness including oats, amaranth, and quinoa.

PHOTOS: ANDY LYONS

Betty Crocker

dinner idea unboring chicken HELP



GET YOUR BETTY ON

Impossibly Easy Mini Chicken Pot Pie how-to at bisquick.com



BONUS!
Flaxseeds are
a nutritional
powerhouse—
rich in fiber
and omega-3s.



A cheese plate favorite goes
G-free thanks to arrowroot
and green lentil flour.



Baked thins with a big crunch and a
little kick thanks to sea salt and pepper.



Sesame, poppy, and flaxseeds give
earthy texture to brown rice crisps.



Whole grains galore—including brown
rice, millet, and amaranth—make
good-for-you snacking. ■

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SPICY CARROT CHICKEN SALAD

On a baking pan roast **1 lb. chopped carrots** drizzled with **1 Tbsp. olive oil** in a 375°F oven, uncovered, 20 minutes or until tender; cool. In a large bowl stir together **6 oz. plain Greek yogurt**, **2 Tbsp. lemon juice**, **1 Tbsp. fresh thyme**, **1 Tbsp. water**, **1 Tbsp. harissa paste**, and **½ tsp. salt**. Stir in carrots, **2 cups chopped cooked chicken**, **1 cup thinly sliced celery**, **¼ cup toasted sliced almonds**, and **¼ cup golden raisins**. Serve chicken salad on toasted bread with lettuce.



VIETNAMESE-STYLE CARROT SALAD

In a heatproof bowl combine **1 cup sliced seedless cucumber** and **1 sliced serrano pepper**. In a saucepan combine **1 cup rice vinegar**, **2 Tbsp. brown sugar**, and **½ tsp. salt**. Bring to boiling, stirring to dissolve. Add **3 cups peeled, thinly sliced carrots**. Return to boiling. Reduce heat. Cook, covered, 1 minute. Pour carrot mixture over cucumber mixture; toss. Let stand 2 hours. Drain, reserving **¼ cup pickling liquid** in a large bowl. Whisk in **¼ cup olive oil**. Add **6 cups shredded napa cabbage**; toss. Top cabbage with vegetables, **12 oz. sliced cooked pork loin**, **1 cup cilantro**, and **½ cup peanuts**.

new ways with

carrots



CREAM OF CARROT SOUP

In a Dutch oven cook **6 slices bacon**. Drain and chop. Add **¼ cup fresh sage leaves** to bacon fat. Cook until crisp. Drain. Remove all but 1 Tbsp. bacon fat. Add **2 lb. chopped carrots**, **2 cups sliced onions**, **6 cloves minced garlic**, and **½ tsp. salt**; cook and stir 10 minutes. Add **1 large chopped potato** and **6 cups reduced-sodium chicken broth**. Bring to boiling. Reduce heat. Simmer, covered, 40 minutes. Puree soup until very smooth. Add **½ cup heavy cream**; heat through. Top with bacon, sage, **blue cheese**, and **cracked black pepper**.

TURKEY-CARROT GOULASH

In a skillet cook **1¼ lb. ground turkey** in **1 Tbsp. olive oil** over medium heat, about 5 minutes. Remove; set aside. Add **1 Tbsp. olive oil** to skillet. Add **1 lb. carrots, peeled into ribbons**, **1 cup chopped onion**, **1 Tbsp. minced garlic**, **1 tsp. smoked paprika**, **½ tsp. salt**, and **¼ tsp. cayenne pepper**. Cook and stir 4 minutes or until carrots are just tender. Add turkey, **16 oz. tomato sauce**, **6 oz. cooked elbow macaroni**, **1 cup water**, and **½ cup chopped prunes**. Cook and stir over medium heat until heated through. Serve with **sour cream** and **parsley**. ■





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better

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Dress, Jessica Simpson collection, \$110; macys.com. Jacket, Gap, \$69.95; gap.com. Sunglasses, Ray-Ban, \$130; ray-ban.com.



live well

Smart strategies for a happy, healthy life



get crafty

Shamrocks

Don't get pinched on St. Patrick's Day!
Wear one of these felt shamrocks
mounted on a pin or a hair clip.

SUPPLIES

Templates (download at
BHG.com/Shamrock)

Scissors

Glue stick

Cardstock

Pencil

2 sheets of felt in
shades of green

Wood heart buttons

Watercolors

Felt glue

Hair clips or pin backs



START WITH THE TEMPLATE

Each shamrock will have two felt layers. Print both templates, then glue to a piece of cardstock and cut out so they're easier to handle. Trace the bottom and top shamrock layers on green felt. Cut out, then set aside.

MAKE THE SHAMROCKS

Paint the buttons with watercolors. As they're drying (about 5 minutes), assemble the shamrocks: Use felt glue to attach the smaller top layer to the bottom. Glue the hearts to the middle of the shamrock, with the pointed ends meeting in the center.

PIN IT!

To create a pin or hair clip, turn the shamrock over, apply a dab of felt glue in the center, and attach the pin back or clip. For extra security, glue a small piece of felt over the base of the hair clip or pin.



Get the free shamrock templates:
BHG.com/Shamrock

health showdown

After a late night, is it better to sleep in or wake up and exercise? Get up and at 'em!

Sorry, snoozers: It's better to power through, then catch up on shut-eye by going to bed a bit earlier. Sleeping in can throw off your body's internal clock, making it harder to nod off at night, says Michael Breus, Ph.D., author of *The Sleep Doctor's Diet Plan*. For an even bigger benefit, take your workout outdoors, Breus says. Exposure to sunlight first thing in the morning gives you a shot of energy.



family time

Honoring their roots

Stephanie and Troy Merchant hope to one day take their daughters Brooke, 13, and Kara, 9, to visit the orphanage in Russia they were adopted from as infants. But in the meantime, the Houston-based family has found a way to honor the girls' beginnings: "During spring break, we spend a few days packing and shipping socks and shoes to orphans around the world," Stephanie says. As part of the Shoes for Orphan Souls project, the girls also write notes that are slipped inside the donated shoes.

Though Stephanie and Troy have always been open with Kara and Brooke about their birth stories, "Volunteering for Shoes for Orphan Souls provides a great opportunity to discuss their background, and how they might feel about returning to Russia with us," Stephanie says. Like many adoptive parents, she sometimes struggles with the knowledge that millions of orphans worldwide haven't yet been placed with families. "Sending the shoes allows all four of us to feel that, at least in a small way, we're giving hope and love to children who are waiting for their forever homes," she says.

—Camille Noe Pagán



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Sephora Collection Precision Sponge
Apply blush, foundation, or concealer with this antibacterial sponge. \$7; sephora.com



IT Cosmetics Brushes for Ulta
Antibacterial (or prohygienic) fibers mean you can wash these less often. From \$48; ulta.com



Clinique Sonic System Purifying Cleansing Brush
An antimicrobial treatment keeps bristles squeaky clean. \$89.50; clinique.com

fit tools
Step it up

Running errands post-workout but don't want to get caught in clunky sneakers? No sweat!

The Asics Gel-Fit Sana (\$80; asics.com) has a flexible midsole that's supportive enough for everything from walking to aerobics. The airy mesh stretches around your foot like a sock so you can sport these shoes all day.



snack we love
Hummus to go

It's the ideal 3 p.m. munchie fix, but hummus is tough to toss in your bag. Solution: Wild Garden's Snack Pack to Go! (\$2.29 for one pack; wildgardenhummus.com) comes in a squeezable pouch with your choice of pita crisps, veggie chips, or multiseed crackers. With at least 8 g protein and 5 g fiber per serving, it will keep you full until your next meal. Go ahead, dip in!

A healthier way to...

Deal with a stressful day

Traffic jams, lunches left behind: Everyday mishaps are more than just annoying—they can actually be bad for you. "It's not usually the big stressors that harm your health in the long run; it's the constant little ones that keep your body amped up in fight-or-flight mode," says Kirk Strosahl, Ph.D., co-author of *In This Moment*. Break the cycle of sweating the small stuff with these two simple steps:

PUT IT INTO WORDS Breathe slowly and deeply to help turn off the fight or flight response, then describe the situation and how it's making you feel—even if you're just spelling things out in your head. "Stopping and acknowledging how you're reacting slows down your body's physical and emotional reaction," Strosahl says. It can be as simple as, "Traffic is at a standstill, and I'm frustrated I'm going to be late."

LET IT GO Do a little visualization to detach from the problem. Imagine you're a nonstick pan, and the stressful thoughts that hit your surface slide right off. Or envision putting your negative feelings on clouds, then watch them sail away.

—Rachel Rabkin Peachman

pet project

Q: *I'm allergic to cats, but I'd love to have one as a pet. Is it true that some breeds or colors are better?*

A: "Unfortunately, there's no such thing as a hypoallergenic cat," says Pamela Georgeson, D.O., a board-certified allergist at Kenwood Allergy and Asthma Center in Chesterfield Township, Michigan. What causes symptoms is a protein in the cat's saliva and dander, which makes its way onto the fur when she cleans herself. While some breeds (including Russian Blue, Siberian, Balinese) do produce less dander, the protein still triggers a reaction.

If you're set on a kitty for a pet, your best bet is allergy shots, where a doctor injects gradually increasing doses of the allergen weekly for five to ten months. This helps you build tolerance, and also reduces your risk of developing asthma, so you might be able to snuggle up reaction-free at some point.

In the meantime, as you're adjusting to the shots, an over-the-counter antihistamine treats a runny nose and itchy eyes, and a HEPA air filter can help ease symptoms. ■



PHOTO: (KITTEEN) SHUTTERSTOCK

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Colors	Blueberry, Carrot & Purple Carrot Juice Concentrates	Blue #1, Red #40, Yellow #6

*Data on file.
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brush your teeth

BY ALICE OGLETHORPE

SOFT SENSE

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TIME'S UP

A flashing light lets kids (and even adults) know when to switch from top teeth to bottom. \$1.29; fireflytoothbrush.com

WHITE RIGHT

Abrasives in whiteners can cause tooth sensitivity; talk to your dentist before using.



GET A GRIP

Floss before you brush to help fluoride get between teeth. Reach the back better with an angled flosser. Plackers, \$2 for 75; walmart.com



Swishing once a day can help prevent decay, but only if your mouthwash has fluoride. Check the label; not all do!



RUCHI SAHOTA, D.D.S.

American Dental Association spokesperson

The right tools are only half of the equation. Sahota, a dentist in Fremont, California, breaks down brushing effectively in three easy steps:

Remember 2x2 Brush at least twice a day for two minutes at a time. Spend 30 seconds on each quadrant: upper right and left, lower right and left.

Play the angles Position the brush at a 45-degree angle toward your gum line, with the bristles toward your nose when cleaning the top row, and toward your chin as you do the bottom.

Short and sweet Brush with short, gentle, back-and-forth movements—going too hard can damage enamel. Don't forget to cover where teeth meet gums—that's where bacteria sticks around.



CLEAN SWEEP

Banish bad breath with a tongue scraper—before or after you brush. Research shows it's more effective than a toothbrush alone. Orabrush, \$9.99 for two; orabrush.com



POWER UP

While manual brushes work well, an electric version with an oscillating head could be better at removing plaque. And it doesn't have to be pricey to be effective. Oral-B Pro-Health Battery Toothbrush, \$11.99; drugstore.com



BRUSH IN A RUSH

Portable brush-paste combos make it easy to clean post-meal. Just wait 30 minutes; brushing too soon after eating can push acid from the food and drink into your teeth. Colgate Wisp 24 pack, \$4.99; target.com ■

FOR THE
COLD-SEASON

COUGH



THE GOOD KID PROJECT

dealing with rejection



ELIZABETH LOMBARDO, PH.D.

Clinical psychologist and author of *Better Than Perfect*. Find her at elizabethlombardo.com.

MEDIA MATTERS

Teens & romance

Stories that chronicle teenage life validate their feelings and experiences.

BOOKS

***Flipped* by Wendelin Van Draanen** Eighth-graders Julianna and Bryce narrate the ups and downs of their friendship-turned-romance.

***The Fault in Our Stars* by John Green**

Two teens who have been diagnosed with cancer show how, even in trying circumstances, you can find camaraderie and love.

MOVIES & TV

Say Anything (PG-13) Two decidedly different high school seniors, Diane the valedictorian and Lloyd the underachiever, overcome parental pressure and fall in love.

The Wonder Years

Set in the 1960s, this sitcom follows the life of 12-year-old Kevin as he grows up. His relationship with neighbor Winnie plays a central role.

QUESTION

My son is crushed that the girl he asked to the school dance turned him down to go with someone else. How can I help?

ANSWER

Seeing your son so disappointed is hard, but keep your reaction measured. Give him permission and space to be upset, which may mean that he's more irritable and introverted than usual. Let him mope for a day or two. Do little things that are comforting and help restore his confidence—make his favorite meal, watch movies, or play a game that he's good at.

While you don't want to constantly ask "Are you OK?," don't downplay the situation either. A simple "I know that must hurt; I'm here to talk about it if you want," is probably just what he needs to hear. If you've had a similar experience, by all means talk about that with your son so he gets that you understand what he's going through—and also that it's a survivable situation.

You can gently encourage him to ask someone else to the dance, but don't pressure him if he decides not to go. Do something fun together that night, or maybe he and another friend who's skipping the dance can hang out. Rejection is a part of life, and the key is to honor his disappointment without overindulging it. Reassure him that whatever he decides is OK, and that he as a person is OK, too. ■



GOT A QUESTION?

E-mail questions: goodkid.project@meredith.com



PHOTO: ANDY LYONS; STYLING: JEN McDONALD



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cheat sheet

LASIK surgery

Laser vision correction has helped millions ditch their glasses, but the results aren't the same for everyone. Here's what you need to know.

BY LESLIE PEPPER



Is your doctor board-certified? Check with the American Board of Ophthalmology. abop.org

» Some people are better candidates

LASIK (laser-assisted in situ keratomileusis) corrects near-sightedness and farsightedness as well as astigmatism, and those who have mild to moderate forms of these conditions usually get the best results. If your prescription has changed in the past year, or you have certain conditions, including diabetes, you might be at a higher risk for complications, and LASIK might not significantly improve your vision. Also, because more than 90 percent of patients report dry eyes as a side effect, if you already have this condition, you might want to consider a different procedure called photo refractive keratectomy (PRK), in which the surgeon removes the outer layer of the cornea, instead of creating a flap, as is done in LASIK.

» Choosing the right doctor is key

You want an M.D. who is a board-certified ophthalmologist and surgeon and, ideally, has completed a fellowship in corneal and/or refractive surgery. Ask the doctor about his credentials and experience, and ask plenty of questions: How long have you been doing LASIK? What's your success rate, and how do you define success? What are my chances of 20/20 vision? Did you see any red flags during my exam that could mean I'm

not a good candidate? Before scheduling the procedure, your doctor should do a full medical history and eye exam in which your eyes are dilated so he can look at your cornea, retina, optic nerve, and blood vessels to make sure your eyes are healthy, says Amy Babiuch, M.D., medical retina specialist at the Cleveland Clinic.

» It's relatively quick and painless

You're awake during LASIK so your eyes can focus, and numbing eye drops and a relaxing medication (such as Valium) will help keep you comfortable. "The whole procedure only takes a few minutes," says Anjali K. Pathak, M.D., medical director of the Refractive Surgery Center at Washington University School of Medicine in St. Louis. Afterward you'll be given a clear shield to protect your eyes and drops to prevent inflammation and infection, then sent home. Most patients are back to work within a day or two.

» Side effects are possible

Discuss all potential outcomes and side effects with your doctor so you

go into the surgery with realistic expectations. There's always a chance of over- or under-correction, which might require a follow-up procedure. "We usually wait three to six months before we'd recommend another surgery or enhancement," Pathak says. Other potential post-procedure issues include halo and glare, in which you see starbursts or a glow around lights. While this effect often improves over time, certain people have a higher risk of experiencing side effects.

» You might still need to eventually wear glasses

As you age, the lenses in your eyes lose the ability to change shape, making it hard to focus on nearby objects (aka presbyopia). LASIK surgery doesn't prevent this. Also, if you're nearsighted, you might need reading glasses sooner than usual. "When we do LASIK on people who are naturally nearsighted, we correct for the distance," Babiuch says. "So those patients can see far away, but may need glasses to see up close if they're at an age when presbyopia develops." ■

After LASIK, 9 of 10 patients have between 20/40 and 20/20 vision.



PHOTO: SHUTTERSTOCK



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healthy eating quinoa

This great grain is a super stand-in for pasta, rice—even meat. Dinner's about to get interesting!

BY SARA REISTAD-LONG

BEYOND THE GRAIN

Quinoa is actually a *pseudocereal*, a word used to describe edible seeds or fruits that can double as grains. Many foods known as ancient grains—amaranth, buckwheat, chia seeds—also belong to this family. Pseudocereals tend to have a better protein-to-carbohydrate ratio than pure grains like wheat, and they're buffered with plenty of fiber, which means you absorb them slowly so your blood sugar stays on an even keel. Quinoa is also gluten-free, and it's richer in nutrients than products made with rice, corn, or potato flour.

MADE FOR GOING MEATLESS

Because it contains all nine essential amino acids your body needs, quinoa is one of the few vegetarian foods that counts as a complete protein. Also rich in iron, 1 cup cooked has about 3½ g fat, and it's all omega-3 and monounsaturated—the same fats found in heart-healthy olive oil.

LIKE BUTTAH

White quinoa is the softest in texture, with an almost buttery flavor.

BONE BUILDER

Because quinoa is chock-full of magnesium and phosphorus, which are just as important as calcium in preventing osteoporosis, it can play a key role in helping to keep your bones strong.

THE DARK SIDE

Black quinoa has a slightly sweeter, earthy taste.

A LITTLE NUTTY

Red quinoa has strong nut notes and holds its shape after cooking, making it great for salads and stir-fries.

Prep pointers

With its subtle taste, quinoa absorbs sauces and other flavors and works well as an ingredient in main dishes, salads, or sides.

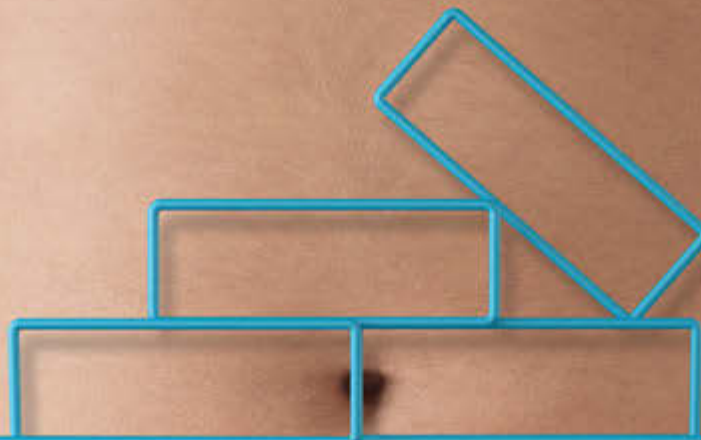
FIRST RINSE Dried quinoa is naturally coated with a bitter-tasting compound called saponin, which helps fight off pests. Most packaged varieties have already been rinsed, but give it a quick extra wash to be sure.

THEN BOIL Aim for 1 cup quinoa to 2 cups liquid, and simmer, covered, for about 15 minutes. When you see little white tails—the germs of the kernels—sticking out, the quinoa is ready. Drain, if necessary.

OR TOAST Cook quinoa in a dry skillet over medium heat until it starts to crackle, then sprinkle over cooked vegetables, add to stir-fries, or serve over greens like arugula and spinach. ■

SOURCES: ZUBIN DAMANIA, M.D., FOUNDER OF TURNTABLE HEALTH IN LAS VEGAS. ARCHELLE GEORGIU, M.D., A HEALTH CARE ADVISER IN MINNEAPOLIS.

Constipation that feels like bricks piling up?



You may be suffering from
Chronic Idiopathic Constipation (CIC).

LINZESS may provide the relief you need.

LINZESS is a once-daily capsule that helps adults **proactively** manage the symptoms of Irritable Bowel Syndrome with Constipation (IBS-C) or Chronic Idiopathic Constipation (CIC). “Chronic” means the constipation is long-lasting or keeps coming back. “Idiopathic” means the cause is unknown. LINZESS is the first and only approved treatment in a new class of drugs that work differently from other available medications. It acts locally in the intestine and is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements.

Bottom line, describe your symptoms to your doctor and ask about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C or CIC. It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- You should not give LINZESS to children 6 to 17 years of age. It may harm them.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.



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Linzess
(linaclotide) capsules
145 mcg • 290 mcg

**Brief Summary of
Important Risk Information
LINZESS® (lin-ZESS)
Capsules**

Linzess
(linaclotide) capsules
145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). “Idiopathic” means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?

- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?

LINZESS can cause serious side effects, including:

- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.



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WHAT'S *the deal with...?*

Eat this, take that, don't forget to—yikes! Before you spend your time and money, here's the scoop on the buzziest health trends.

BY ALYSSA SHAFFER



MINDFULNESS

In a world of constant distractions (e-mails! texts!), it's no wonder we're searching for calm. Re-enter the centuries-old practice of mindfulness, which is simply focusing on the present moment as a way to process stress and other negative emotions. "Mindfulness is not about turning your brain off—it's a counter to overstimulation," says Jamie Zimmerman, M.D., a physician who teaches meditation and a contributor to the wellness website sonima.com. And it's not just feel-good gobbledygook: Research

supports the positive effects of mindfulness: improving memory, reducing heart disease risk, and easing anxiety, to name a few.

BOTTOM LINE

Practicing a bit of mindfulness anytime, anywhere—even in line at the grocery store—can go a long way toward protecting your health. Take three minutes or so, close your eyes, rest one hand on your chest and the other on your stomach, and focus on the pattern of your breathing.

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JUICING

The point of juicing is to benefit from the nutrients in fresh, raw produce (minus the add-ins of a smoothie), but it shouldn't be a replacement for the whole food versions, which give you the nutrients with fewer calories.

"A freshly made juice drink can be a convenient source of vitamins, minerals, and other antioxidants, especially if you're not already eating lots of fruits and vegetables," says Jeannie Gazzaniga Moloo, Ph.D., R.D., a registered dietitian nutritionist and a nutrition lecturer at California State University in Sacramento. But juices often have lower levels of some nutrients, like fiber, than the actual food.

BOTTOM LINE

As an on-the-go option, a fresh juice concoction can be a healthy choice. Just make sure it has vegetables, figure it into your daily calorie count, and don't abandon your efforts to eat a wide variety of whole fruits and vegetables daily.

PROBIOTICS

Trillions of microorganisms are living it up in your stomach—and that's the good news.

The right balance of "good" bacteria in your digestive tract keeps you healthy, and things like antibiotics and food additives (artificial sweeteners, etc.) can throw that balance off.

That's why probiotics—microorganisms made of that good bacteria—can be helpful. "If you're healthy, eat well, and have no stomach issues, you may not need them, but that's likely very few people," says David Katz, M.D., director of the Prevention Research Center at Yale University. You can find probiotics in supplement form, or in fermented foods like sauerkraut, miso, kefir, and yogurt made with live, active cultures. Look for the "Live and Active Cultures" seal from the National Yogurt Association.

BOTTOM LINE

There's no harm in getting probiotics through food, but check with your health care provider before taking a supplement.

ADDED PROTEIN

Most of us get the protein we need from our daily diets without that enhanced bread or smoothie. *The exceptions: if you're vegetarian or you're recovering from an illness. Women should have 45 g a day, which isn't hard to reach if you eat a balanced diet with lean meat and dairy.*

SUGAR


Eating too much of the sweet stuff affects way more than your waistline,

and can lead to heart disease and diabetes. While it's a no-brainer to cut back on obvious sources of added sugar like soda, candy, cereal, and cookies, also pay attention to grams of sugar in all packaged foods—especially sauces, salad dressings, pretzels, and bread. "We have to slowly alter our taste preferences," Katz says. You can start by trading out foods that aren't already overtly sweet (like bread and crackers) for lower-sugar versions.



BOTTOM LINE

Look for foods with no more than one form of added sugar. Key words to check for on the label include *corn syrup, brown rice syrup, agave, dextrose, fructose, and maltose*. Make sure the total sugar is lower than the total of protein and fiber combined. And remember: All added sugar—natural or not—affects your body in basically the same way.



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CROSSFIT

Chances are you know someone who's at least tried this fitness program, which has devotees doing pull-ups, dead-lifts, burpees, and laps. CrossFit-ers say their sport is the ultimate in functional fitness, and the community around it can be a great source of motivation. Most of the workouts, which change daily, are a combo of strength training, gymnastics, and cardio. While experts say it's safe for anyone, there's always a risk of injury, as with any new workout.

BOTTOM LINE

CrossFit is a good way to change up your exercise routine, and it will challenge your muscles and help build strength and flexibility. Just be sure to choose a facility that has certified trainers who can clearly demonstrate how to do the workouts and adapt the moves to your level and ability.

GMOs

Judging from the headlines, genetically modified organisms, or GMOs, are either the savior of an ever-expanding population or a serious health and environmental threat. The truth is probably somewhere in between. "We can't just say GMOs are evil—but like much of science, there are unknowns," says David Katz, M.D., director of the Prevention Research Center at Yale University. Foods that have been genetically modified have been around for years (hello, nectarine and tangelo), but today the term *GMO* includes crops that have been changed through modern biotechnology to withstand certain diseases, insects, and chemicals. "Foods like canola oil enriched with omega-3 fatty acids can do a lot of good," Katz says. "On the other hand, some evidence shows that GMOs may contribute to food intolerances, digestive conditions, and other health concerns."

BOTTOM LINE

While it's wise to be cautious of additives, it's perhaps more crucial to make sure you have a healthy, nutritious diet. You can avoid the more controversial GMOs by buying organic.



THE PALEO DIET

The upside of eating the way our caveman ancestors did: lots of clean, unprocessed food. The downside: No dairy, whole grains, and legumes might mean missing out on certain nutrients such as vitamin D and calcium. *Bottom line: If the diet sounds doable, go ahead and try it, but you'll probably need to make a few healthy tweaks to stay on it long-term.*

GLUTEN-FREE

Gluten is a protein found in wheat, barley, and rye, and it can prevent the body from absorbing necessary nutrients.

"For those who suffer from celiac disease, a condition in which the lining of the small intestine is damaged by gluten, eliminating it is lifesaving," says Peter Green, M.D., director of the Celiac Disease Center at Columbia University in New York. "For everyone else, the results have not been scientifically demonstrated." About 1 percent of Americans have celiac disease, and another 1 percent might have a gluten sensitivity and find that giving it up can help reduce common symptoms like fatigue, bloating, and constipation. Trouble is, there's no good way of pinpointing a gluten sensitivity (or celiac disease) without getting a blood test. If the blood test is positive, experts recommend a biopsy of your intestinal lining. Skipping foods with wheat

flour without knowing whether it's necessary can mean missing out on essential nutrients like iron and B vitamins. And gluten-free fare can be more costly and caloric.

BOTTOM LINE

If you suspect that you have a gluten sensitivity, get tested for celiac disease before you eliminate gluten from your diet.



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SLEEP MONITORS

We can track every move our bodies make—from the calories we eat to the steps we take—so it makes sense that self-monitoring sleep patterns is the next frontier.

“Sleep monitors can open people’s eyes to how little sleep they get, but often the information doesn’t have much further use than that,” says Chris Winter, M.D., director of Charlottesville Neurology and Sleep Medicine in Charlottesville, Virginia. If a monitor does show that your z’s are suffering, you’ll need to see a doctor to get to the bottom of it.

BOTTOM LINE

Rather than spending on a sleep monitor alone, invest in a gadget like Fitbit or Jawbone Up that tracks activity, calories, and your basic sleep habits. Monitor or not, if you’re spending at least seven hours in bed and are exhausted, get evaluated by a specialist.



HIGH INTENSITY INTERVAL TRAINING

Finally, proof that less is really more—with high intensity interval training, anyway. Known as HIIT

(or just “hit”), this type of exercise, which alternates short spurts of going all-out with periods of recovery, can be a boon to your health and fitness. Research shows that HIIT can help improve blood sugar, lower heart disease risk, and help you lose weight. HIIT workouts can be shorter than more moderate exercise, but they’re way more intense, and that’s their benefit, says Martin Gibala, Ph.D., a professor of kinesiology at McMaster University in Hamilton, Ontario. You can do intervals at an extremely high intensity for 20–30 seconds each, or at a moderately difficult level for 1–2 minutes.

BOTTOM LINE

Research shows that most people can handle a relatively hard workout that’s brief, but check with your doctor first. For best results, do a 15- to 20-minute workout with three intense bursts, three times a week.



VITAMIN D

It’s the über vitamin for good reason.

Vitamin D can help prevent heart disease, diabetes, osteoporosis—even some cancers. Because many of us can’t get enough from the sun, taking a supplement is a good idea. Get your levels tested at your next checkup so you’ll know exactly how much you need.

COCONUT OIL

It’s the oil of the moment, thanks to its multitasking role as beauty salve and cooking ingredient, and it’s not as unhealthy as experts once thought. “Although coconut oil has predominantly saturated fats, not all of the fats it contains are bad,” says Jackie Newgent, a registered dietitian nutritionist and author of *The With or Without Meat Cookbook*. More specifically, coconut oil also contains the “good” mono- and polyunsaturated fats, and has no trans fat. So, there is some evidence that it has potential health benefits. Research shows that virgin coconut oil might have a positive effect on cholesterol levels and help protect against heart disease. Still, because it’s high in saturated fat (1 Tbsp. = 11.8 g saturated fat), don’t replace all your cooking oils with it.

BOTTOM LINE

Pick the type labeled *virgin* or *unrefined* (so it’s not overly processed), use in moderation, and figure it into your daily calorie and fat count. On the beauty front, coconut oil is intensely moisturizing and has anti-inflammatory benefits, so it can help take the red out of dry, irritated skin. ■



PHOTOS: (STOPWATCH) SHUTTERSTOCK, (COCONUT OIL) MARTY BALDWIN

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DESIGN PROFESSIONALS FEATURED IN THIS ISSUE



A SUNNY SCHEME, pages 29–34

Interior designer: Jim Gauthier, Gauthier Stacy, 112 Shawmut Ave., Boston, MA 02118; 617/422-0001; information@gauthierstacy.com; gauthierstacy.com.

Architect: Bruce Miller, 46 Waltham St., Suite 215, Boston, MA; 617/338-3933; mail@brucemillerarchitect.com; brucemillerarchitect.com. **Landscape architect:** Keith LeBlanc, Keith LeBlanc Landscape Architecture, Inc., 535 Albany St., #5A, Boston, MA 02118; 617/426-6475; info@kl-la.com; kl-la.com.

IT'S ALL ABOUT THE BLUES, pages 52–57

Interior designer: Elizabeth Swartz, Elizabeth Swartz Interiors, LLC, 11 Elkins St., Suite 440; Boston, MA 02127; 617/421-0800; elizabethswartzinteriors.com.

ROCK THE BLOCK, pages 64–66

Architect: Rosamund A. Young, The Young Co., 6 Norwood Rd., Scarsdale, NY 10583; 914/419-6616; rozyoung@icloud.com; rosamundyoung.com.

Contractor: Ray Tobia, Ray Tobia Construction Co., Yonkers, New York; 914/643-2877. **Landscape designer:** Frank Chiera, Chiera Landscape Designs, LLC, Pawling, New York; 845/849-4317; chieralandscapedesigns.com.



ALL TOGETHER NOW, pages 80–87

Color consultant: Adam Lowenbein, 82 Nassau St., #224, New York, NY 10038; 917/836-1585; adamlowenbeinpainting.com.

RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

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i did it!

“When I decided to go lavender in the dining room, I wanted to bring a little industrial edginess to the space.”

Charlotte Smith

Lovely Lavender 650E-2
Behr

AT HOME WITH Charlotte Smith in Southport, Connecticut.

HER PROJECT Make over a metal office cabinet into dining room storage for napkins and silverware by painting it (varying the mix of white and purple) and giving it a wood base.

DECORATING STYLE

“Fun, frugal, repurposed, eclectic.”

CAN'T LIVE WITHOUT

“Obviously, my husband and kids and a cup of coffee, but DIY speaking, my drill gets a lot of use.”

BIGGEST SURPRISE

“How durable the paint has been. I wasn't sure the [Annie Sloan] Chalk Paint would adhere to metal as well as it does to wood, but there is not a nick to be found.”

See more ideas from Charlotte's home on her blog, ciburbanity.com. ■



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THE NEWLY REFINED
2016 MAZDA CX-5

The interior of the Mazda CX-5 is a sight to behold. With its beautifully crafted cabin and available MAZDA CONNECT™ infotainment system,¹ you're always in touch with your world. And with Facebook, Twitter and your favorite Internet and HD Radio channels at your fingertips, you may never want to leave. This is the Mazda CX-5.

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¹Don't drive while distracted. Even with voice commands, only use MAZDA CONNECT™/ other devices when safe. Some features may be locked out while the vehicle is in gear. Not all features are compatible with all phones. Message and data rates may apply. Optional equipment shown.

